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THE MASTER BOOK OF POULTRY AND GAME

BY THE SAME AUTHOR

The Master Menu and Recipe Book
The Master Book of Soups
The Master Book of Fish

HE MASTER BOOK OF

POULTRY

AND

GAME

by

HENRY SMITH

Winner of many Gold, Silver and Bronze Medals, etc., awarded at London, International and Provincial Exhibitions

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DEDICATED TO

MAJOR ROBERT, AND CHARLIE, GRANT

TWO FINE SPORTSMEN OF THE HIGHLANDS

TO WHOM I OWE SO MUCH

And all may do what has by man been done . . .

Edward Young

CONTENTS

Introduction . . . . page 1

All about Poultry and Game 4

Game in Season 9

English-French Names 12

Cooking and preparing Poultry and Game . . 14

Temperatures and Times for Cooking . . 24

Explanation of Terms 28

Poultry and Game Recipes . . . 36

Sauces, Stuffings, Garnishings and Miscellaneous Recipes 283

Index 306

I

INTRODUCTION

metropolitan markets of to-day, game meets game from all
ts of the world, quail from Egypt, woodcock from Sweden,
rmigan from Norway, grouse from Scotland, reindeer from
oland. All vie for first place in the ever-expanding market
consumers who are slowly re-learning to appreciate the pro-
ts of forest and field, which our forefathers knew so well.
p one moment and think—what did the peoples of this
ntry have to eat in 1066 and all that?

They had no tea, coffee or cocoa, no potatoes, tomatoes,
anas or oranges. Certainly no canned goods of any descrip-
n. All the same, we read of the glorious feasts and orgies
hose times. The art of making use of the produce of forest
field was at its height. Lordly peacocks and roast crane
ced the tables of the Court. Blackbirds, larks and thrushes
e in constant demand.

n Saxon times, the population of these Isles was only two
lion, while to-day it assumes the gigantic proportions of
rly fifty million, and we are told that in ten years' time it
be some fifty-five million! Slowly the forests have been
down and the fields covered with densely populated cities,
h millions more mouths to feed.

The art of preparing one's own food is being replaced by
ning, bottling and preserving, on an ever-increasing scale,
how we yearn for the taste of natural foods, uncontaminated
science. Once in a while the chance comes our way to enjoy
ne freshly shot grouse, wild duck or other fare, but more

often than not, when that chance does come along, up goes th cry : " How do we cook it ? "

For this reason, I decided that the methods and recipes o many of our great kitchens dealing with poultry and game ough to be perpetuated for all time, before we lose altogether the ar of treating and cooking some of the now rare types of food The kitchens of Oxford and Cambridge Universities carrie on the art of cooking all types of game to perfection up to th time of World War II, when the thin and slender thread snapped, and have not yet been renewed to the old standard as known at Trinity Hall, Peterhouse, Pembroke, etc., whos kitchens all competed with each other in the preparation o wholesome, homely, well prepared foods.

In writing this book, I have tried to make it of interest t all, as a fit and proper companion to the previous MASTER culinary works. Sportsmen, epicures, cooks and housewives will, I hope, all find many points of interest, for, as in previous works, I have endeavoured to make it more than just another recipe book.

Much of the public acceptance of food goes back to early training at home. At least it used to, until World War I and World War II took the younger generations from their homes and substituted bully beef and army biscuits for the grouse, partridge, pheasant and game of these Isles.

Memory of an unpleasant experience with some food item may prevent a person from trying it again.

Because of the great differences in food likes and dislikes, I have aimed to please the palate of all classes, by including both simple and elaborate dishes in great variety.

Don't be persuaded to eat your game high, just because some crank tells you that is the way it should be eaten. The way food should be eaten is the way you and your family most enjoy it, and in all probability much to the disgust of your next-door neighbour. So it is all over the world—we in England shudder

the Chinese eating two-year-old eggs, while the Chinese ıdder at our eating ripe, Gorgonzola cheese.

A table richly spread in regal mode,
With dishes piled, and meats of noblest sort
And savour ; beasts of chase, or fowl or game,
In pastry built, or from the spit, or boiled.

John Milton.

HENRY SMITH

2

ALL ABOUT POULTRY AND GAME

THE right to take or kill wild animals is incidental to the ownership or occupation of the land on which they are found.

In England, the chief statutes dealing with game are :

1. Night Poaching Acts, 1828 and 1841.
2. Game Act 1831.
3. Poaching Prevention Act 1862.
4. Wild Birds Protection Acts 1880 and 1906.
5. The various acts for the protection of wild birds, of which the latest are the Protection of Lapwings Act 1928, and the Extension of Close Season for Wild Duck and Wild Geese 1939.

The number of amendments made by various county authorities to these statutes is too numerous to mention. Sufficient is it to warn you to check all close seasons for game in the county in which you reside. The exceptions are when deer or hares are hunted with hounds or greyhounds.

Persons who hold a full game licence may sell game, but only to persons who hold a licence to deal in game. The licensed dealer may buy British game only from persons who are lawfully entitled to sell game.

In addition to the better known game birds, woodcock, snipe, quails, landrails, wild duck, widgeon and teal are all included in the definition of game, and are protected by law.

A game licence is not required for taking or killing rabbits.

Game preservation for the sake of sport has been carried on in Europe for many hundreds of years, but it is only compara-

ely recently that the idea of the modern game reserve has been lved. The great forest areas of Sussex and Hampshire t were preserved by the early Norman kings may be regarded forerunners of the modern game reserve.

Before the days of the making of artificial ice, for the now -fashioned wet ice-box, all game and meats were naturally tured by hanging on a cool, shady side of the house, in what s known as a meat safe. This method of hanging and maturing ne ripens it to perfection, by improving its flavour and soften- up the tissues of the flesh. How long game should be kept pends on many factors, of which some are age, temperature or nate, personal taste, and type of game. Not all game birds prove by hanging, and again, some should be drawn or unched before hanging, while others are best drawn just before oking. Then there are some which are best not drawn at all. ller details on how to deal with each type of game will be nd under its individual heading.

As the forests and fields have diminished and become covered h closely populated cities, meat safes, as they were known, ve been discarded for the commercial refrigerator, to which ne is rushed at the opening of the season, to be stored in large antities. Hence, to-day, the caterer or housewife of the large vn is sometimes not in a position to know how long the game s been killed, and how well it is matured. Happy is the untry dweller who can kill and mature his own game, and so oy it when at its best.

To assist the town dweller in featuring game at the right time, alendar of game in season and when at its best will be found chapter 3.

Because, say, grouse shooting commences each year on 12 gust, that does not mean to say that the birds are at their best the opening day of the season. In fact, the September shot ds are of better flavour than those shot too young. The 12 ptember is a better day for eating grouse than 12 August. it is with most other game—it is best to know when it is

mature, in order that it may be shot right, hung right, and the cooked right. All three points are of vital importance if yo are to enjoy your game to the full. This is most noticeable whe a deer is killed too young; then it can be quite tasteless and a the hanging and care in cooking will not improve it.

Domesticated poultry, such as chickens, geese, ducks, turkeys etc., all need to be starved, killed and hung correctly, for th chef or cook to play his part. Yes, all domesticated poultry ar best left without food from 24 to 48 hours before killing. Thi enables them to become clean prior to hanging. This is o particular importance when dealing with turkeys, which requir hanging at least 10 to 14 days in order to mature in crisp Decem ber weather. Chickens should be given from 4 to 6 days' hanging after killing.

The varying degrees of popularity of poultry for the tabl depend upon their breed, feeding and age, for all of which mos cooks have to rely upon the judgment and honesty of the poultry breeder and dealer, for refrigeration can deceive, and one canno tell by looking whether a bird is home-killed or imported, o whether killed a week or a year ago.

What Shall It Be?

The eternal question, asked in every household, is also a problem for every caterer, as each Christmas comes round Generally speaking, the voting goes in this order—turkey goose, duck, capon and chicken.

The turkey is the most savoury of domestic poultry. It enjoys the singular advantage of assembling round it every class o society.

It is said that Queen Elizabeth was the originator of the Michaelmas goose. She had one on the table before her when the news arrived of the defeat of the Spanish Armada and she commanded the same dish to be served every succeeding Michael mas.

The duck is a universal favourite and requires no praise.

Capons, being largest at Christmas, always command attention this time of the year.

Chickens, being considered more digestible than any of the ve, have a fair share of the Christmas market.

Check Weight Carefully

oultry loses, approximately, one-third of its weight in ning, making it quite an expensive dish by comparison with ood roast of meat. For this reason it is advisable carefully heck the weight of all poultry when invoiced at so much lb. and cleaned by the poulterer. It is the wisest plan to ose the birds and see them weighed on the spot before ning. The larger catering establishments will clean the ltry themselves, and are not concerned on this point. It is smaller caterer or housewife to whom I give this advice.

The best turkeys are the Norfolk and Devonshire birds, but ecent years the Irish ones have greatly improved and can be recommended. Of all other imported birds undoubtedly Hungarian take first place.

Hen birds are best for boiling and cocks best for roasting.

How Much per Head?

or estimating your requirements (where no other course is ed) allow ¾ lb. per head ; of this, one-third is lost in cleaning, ing ½ lb. raw turkey on the bone. Of this, 50% will be lost oasting and bone wastage. Thus, a 15 lb. bird should suffice 20 persons.

n choosing turkeys, avoid the small birds, as the bone per- age is too high. Choose birds from 14 to 16 lbs. for nomical results.

urkeys, when young, have smooth black legs and smooth bs. When freshly killed, the eyes will be found bright, and fresh, the feet supple. Avoid birds with rough legs and bs, and cock birds with large spurs.

roast turkey is usually stuffed with a veal forcement, chest-

nuts, or sausagemeat, and served with bread sauce, cranber sauce, chestnut sauce, or sausages.

A boiled turkey is generally served with oyster sauce, cele sauce, chestnut sauce, or a little horseradish grated in melte butter. A slice of York ham will be a welcome addition either roast or boiled turkey.

Picking a Goose

Geese are frequently offered for sale when they are much t old to be eaten. The breast should be plump, the skin whi and the feet pliable and yellow. If killed for some time the fe are dry and stiff.

A roast goose is generally filled with sage and onion stuffin The way in which this is made must depend upon the taste those who have to eat it. If a strong flavour of onion is require the onions should be chopped raw. If this is not the cas they should be boiled before chopping. It should be remem bered, when breadcrumbs are used, that room must be allowe for swelling.

The rules for choosing geese also apply to ducks. Tam ducks have yellow feet, whilst those of wild ducks are red. Tw small young ducks make a better dish than a large, handsom hard-fleshed drake.

Geese and ducks, unless bought at a reasonable price, are n very economical in use.

A Good Capon

A good capon should be managed in precisely the same way turkeys. If in good condition, it has a short, pale-coloure comb and smooth legs.

The price per portion, with the etceteras, will be about tw thirds the cost of turkey.

Those chickens are the best which have small bones, sho legs and clean, white-looking flesh. A 2 lb. bird will cut fou nice portions on the bone and be quite an economical propos tion.

3

GAME IN SEASON

E R E is a close season for most game and wild birds, and there is generally a rush to be first in the field and the n, on the opening of the season, game is not always at its t those times.

e calendar set out below shows the dates when the par- r game may be shot or killed in most counties, and which n it is at its best for fulness of flesh and flavour.

ung birds are those shot in the same year as bred. In ew Year they are termed old birds.

ne of the chief statutes dealing with the taking or killing me or wild birds are dealt with in chapter 2, and the dates below must first be checked with the various county rities' laws, for there are numerous local amendments to orders. In fact, in the first three months of 1949 no fewer forty amendments to these orders were made by local s.

ENDAR OF GAME IN SEASON AND WHEN AT ITS BEST

NAME	SEASON FOR SHOOTING	WHEN BEST
er	No close season	October-November
bird	*No close season	August-October
Cock	20 August-20 December	September-October
rcailzie	20 August-20 December	Sept.-November
n	No close season	November-January

NAME	SEASON FOR SHOOTING	WHEN BEST
Chicken, Baby	No close season	Spring and autu hatchings
,, Spring	No close season	May-June
,, Fat	No close season	August-October
Coot	No close season	Sept.-December
Cormorant	12 August-31 January	August-Decembe
Corncrake	12 August-31 January	October-Novemb
Crane	*No close season	October-January
Curlew	1 September-1 March	October-January
Cygnet	*No close season	June-July
Deer	*See* Venison	
Dove	*No close season	September-Octob
Duck	No close season	August-Decembe
Duckling	No close season	April-July
Fig-bird	Now imported	June-September
Goose	No close season	Sept.-December
Gosling	No close season	July-August
Grouse	12 August-10 December	September
Guinea Fowl	*No close season	February-April
Gull	*No close season	September-Janua
Hare	1 Aug.-end of February	October-Februar
Hazel Hen	Now imported	December-June
Heron	*No close season	October-January
Jay	*No close season	Sept.-December
Landrail	12 August-31 January	October-Novemb
Lapwing	1 Sept.-end of Feb.	October-January
Lark	*No close season	September-Janua
Moor Hen	No close season	Sept.-December
Ortolan	Now imported	November-Febru
Partridge	1 Sept.-31 January	October-Novemb
Peacock	*No close season	October-Novemb
Pheasant	1 Oct.-31 January	Nov.-December
Pigeons	*No close season	August-Septembe
Pintail	12 August-31 January	October-Novemb

AME	SEASON FOR SHOOTING	WHEN BEST
	1 September-1 March	October-January
gan	20 Aug.-20 December	September-October
	*All year round	June-September
	No close season	September-January
	12 August-31 January	Sept.-November
	*No close season	March-May
nd Reeves	Now protected all the year round	
	12 August-31 January	October-November
	*No close season	6 weeks old
el	No close season	September-October
gs	*No close season	October-January
	*No close season	Sept.-November
	*No close season	September-October
	12 August-31 January	October-January
n	*No close season	October-January
y	No close season	November-January
n, Hind	No close season	October-December
Stag	No close season	August-September
ear	Now protected all the year round	
on	12 August-31 January	October-November
Duck	12 August-31 January	October-December
cock	12 August-31 January	October-November
Pigeon	*No close season	May-August

*—Although in some instances there is no general close season, it is an offence to take or kill wild birds during the nesting season, which is covered by many county and local laws, in addition to the chief statutory laws.

4

ENGLISH-FRENCH NAMES

ENGLISH	FRENCH	
Badger	*Blaireau*	(m)
Blackbird	*Merle*	(m)
Black Cock, Black Game, Black Grouse	*Coq de bruyère*	(m)
Capercailzie, Capercaillie	*Capercalzie*	(m)
Capon	*Chapon*	(m)
Chicken, Baby	*Poussin*	(m)
,, Spring	*Poulet*	(m)
,, Fat	*Poularde*	(f)
,, Boiling	*Poule*	(f)
Coot	*Foulque morelle*	(f)
Cormorant	*Cormoran*	(m)
Corncrake	*Roi des cailles*	(m)
Crane	*Grue*	(f)
Curlew	*Corlieu*	(m)
Cygnet	*Cygnet*	(m)
Deer, Fallow	*Venaison*	(f)
,, Red	*Venaison*	(f)
,, Roe	*Chevreuil*	(m)
Dove	*Colombe*	(f)
Duck	*Canard*	(m)
Duckling	*Caneton*	(m)
Fig-bird, Fig-eater, Fig-pecker	*Bec-figue*	(m)
Goose	*Oie*	(f)
Gosling	*Oison*	(m)

ENGLISH	FRENCH
Grouse	*Coq de bruyè*
Guinea Fowl	*Pintade*
Gull	*Mouette*
Hare, old	*Lièvre*
Hare, young (Leveret)	*Levraut*
Hazel Hen	*Gélinotte des bois*
Heron	*Héron*
Jay	*Geai*
Landrail	*Roi des caille*
Lapwing	*Vanneau*
Lark	*Mauviette*
Leveret	*Levraut*
Mallard	*Canard sauva*
Moor Hen	*Poule d'eau*
Ortolan	*Ortolan*
Partridge, young	*Perdreau*
,, old	*Perdrix*
Peacock	*Paon*
Peahen	*Paonne*
Pheasant	*Faisan*
Pigeon	*Pigeon*
Pintail	*Pilet*
Plover, Golden	*Pluvier*
,, Green, or Lapwing,	*Vanneau*
Plover, Grey	*Pluvier*

	FRENCH	
;an	*Perdrix blanche*	(f)
	Caille	(f)
young	*Lapereau*	(m)
old	*Lapin*	(m)
	Râle	(m)
er	*Renne*	(m)
k	*Chevreuil*	(m)
	Corbeau	(m)
d Reeve	*Paon de mer*	(m)
	Bécassine	(f)
	Pigeonneau	(m)
l	*Écureuil*	(m)
g	*Étourneau*	(m)
	Cygne	(m)

ENGLISH	FRENCH	
Swift	*Hirondelle*	(f)
Teal	*Sarcelle*	(f)
Thrush	*Grive*	(f)
Turkey, cock	*Dindon*	(m)
Turkey, hen	*Dinde*	(f)
Turkey, poult	*Dindonneau*	(m)
Venison	*Venaison*	(f)
Water Hen	*Poule d'eau*	(f)
Wheatear	*Culblanc*	(m)
Widgeon	*Macreuse* (f) or *Canard siffleur*	(m)
Wild Duck	*Canard sauvage*	(m)
Woodcock	*Bécasse*	(f)
Wood Pigeon	*Ramier*	(m)

5

COOKING AND PREPARING POULTRY AND GAME

IN these days of hustle and bustle we have little t for leisurely cooking and dining, unfortunately. It is of li use to pretend that the grand old days will ever return, w the 10 and 12 course banquets so elaborately and lovingly prepar The minute detail of preliminary and final preparation of c time fare would cost a fortune to-day, in labour costs alone.

Food habits are changing rapidly, as the world becor smaller each year with faster travel, and the food preferences people from other countries and the desire for more palata food must not be overlooked.

Old-time culinary terms are taking on new names, as, example, braising as practised by Francatelli and Escoffier wh is now referred to as pot roasting or steam roasting, so that p war cookery books are becoming extremely difficult to follow language as well as manipulation.

Families are becoming smaller, which in turn involves strea lined recipes in preparation and cooking. A turkey is nov feast for a family for a week, so that many ways have to be fou of presenting it under a different guise.

The principal methods of cooking are :

Baking
Boiling
Braising (pot roasting or steam roasting)
Broiling (fast being replaced by grilling)
Casserole cooking
Frying in deep fat

Frying in shallow fat
Grilling
Poaching or simmering
Sauté-ing
Steaming
Stewing (boiling, then simmering)

there are the preliminary preparations of larding and
dry or fatless types of game.

The Baking of Game

e, to be baked, is as a rule wrapped in a jacket of paste
s of fat bacon or ham, to protect it, due to its lack of
fats.

food to be baked is first placed in a " marinade " to
nate " it—to give it added flavour. Recipes for suitable
des are given where necessary, and where a paste or dough
ired to wrap such game as venison, etc., full instructions
found under those headings.

ds wrapped in such protective jackets will require a little
cooking, and in consequence the oven must be slightly
n temperature ; for it must be understood that the longer
takes to cook, the steadier the heat must be. Otherwise
ter casing of the food will become overcooked and dry
the heat has searched the centre.

also applies when the game is of a large size.

Boiling

he general culinary acceptance of the word, this is the
st and (when properly performed) the most economical
d of cooking, as the cooked flesh and accompanying broth
ent practically the entire nutritive value of the raw food.

he cooking of meats, boiling should be restricted to the
minutes only—after that it should be reduced to slow
ring at a temperature of 180°F. to 190°F.

Simmering of sauces takes place at 205°F to 210°F. or below boiling point, which is 212°F.

The first few minutes' boiling coagulates the albumen in surface of the meat, forming a kind of protective envelope, w prevents the escape of an excessive amount of the mine blood, etc. into the water. Then the simmering cook sufficiently, but leaves it tender; the heat which reaches centre is sufficient to develop the flavour but is not high enc to harden it.

Only just sufficient water to cover the food should be u and the pan should always have its lid on, in order to pre loss by evaporation, as the food must be kept fully cov with water.

No exact rules can be given as to time required to boil fo properly, as size, age and heat generated all take their p but moderate care and judgment will nearly always suffic guides.

When a strong broth, such as a chicken broth, is desi more than the meat itself, the meat or bird should be put i cold water, to allow the flavour and nutritive ingredients escape into the water. The water is then brought to the slowly and thereafter simmered until the meat is cooked.

So remember—to retain the flavour in the meat, plunge i boiling water, allow to reboil, then lower to simmering poi to produce broth, start off in cold water, bring slowly to the b then reduce to simmering point.

Braising

Braising is a popular French method of cooking foods, f brought to England by the celebrated chef, A. Carême, in early part of the nineteenth century. It is a combination roasting and stewing. At one time, special braising pans w used, and considered the only proper method of braising foo To-day, with modern stoves, all this hocus-pocus has chang

Small joints or birds are first heated and browned on all si

hot fat and the pan usually lined with a " mirepoix", a layer diced or sliced bacon or ham, vegetables, herbs, etc. Stock water is then added sparingly, the pan closely covered; metimes by a sheet of buttered paper, or by strips of paste, prevent the escape of steam. The whole may be left, as a wpan, almost to take care of itself, in a slow oven. The result a very savoury and aromatic dish.

The gravy or juices obtained by this method of cooking should vays be strained and used as the foundation for the sauce to company the meat to table.

Broiling

Only small or very young tender birds or parts of game are itable for this type of cooking, which is the principle of old-shioned roasting applied to smaller pieces of meat or poultry. Broiling requires a utensil called a " gridiron", still to be und in many Scottish hotels, where kippers are cooked over open coal fire, but south of the Border usually found in tique shops. The gas or electric grill has been found to swer the city dweller's requirements.

The important points to be taken into consideration are :

The gridiron must be kept dry, clean, and well-greased. is seldom washed, being wiped with clean paper to remove y bits and pieces, and then rubbed over with a butter paper fore putting it away.

The fire must be clear and bright, not a trace of smoke ould be seen. Thus, the timing in stoking the fire plays a eat part.

Sprinkle the meat or poultry with seasoning before putting it the gridiron and brush with melted butter or good culinary oil.

Cook the outer shell quickly, to seal the food on all sides, avoid loss of juices. Do not use a fork for testing the meat.

Avoid excessive fat dropping into the fire, or this results in luttering, smoky flames which are liable to spoil the flavour of oung birds or game.

6. Do not overcook—which tends to dry the food with resultant loss of flavour.

Casserole Cooking

This is a form of stewing in an earthenware, metal or glass vessel, with a closely fitting lid. Usually applied to old poultry or game.

The vegetables, herbs, stock and meat are all placed in the vessel, the lid closely fitted as described for braising, and the whole gently stewed at moderate temperature and cooked longer than for roasting or braising.

Old poultry or game, properly treated in this manner, can be rendered remarkably tender, if only you will not try to hurry it and if only you will not raise the temperature of the oven above 350°F.

Frying in Deep Fat

Fat does not boil, but can be raised to as high as 390°F. and not burn, if of good quality. Lard, clarified dripping, or pure vegetable oils, are the only fats suitable for deep frying, being free from water content. Butter or margarine is useless.

Sufficient fat should be placed in the fryer to cover the food to be cooked completely, gradually raised to a temperature of from 350°F. to 380°F. according to the thickness of the food to be cooked, for if it be thick then it will take longer to cook, and should the fat be too hot, the food will be browned too much on the outside before it is cooked through.

For spring chicken or poussin, the fat can be raised to 375°F. provided, of course, the fat or oil is of good quality and will stand being brought up to this heat without burning. (Poor quality fats or oils will burn before reaching that degree). For the correct temperatures and tests for cooking, see chapter 6, Temperatures and Times for cooking Poultry and Game.

It is most essential to have plenty of fat available for the deep frying process, because the more fat you have, once you

ve raised it to the correct temperature, the more likely it is to ld its heat when the pieces of food are submerged in it. This a most important point, for if too many pieces of food are bmerged in too little fat, the temperature of the fat will fall pidly and the food will be soggy and greasy instead of emerging nice crisp golden brown.

The fat should never smoke, as advised in some cookery books hen fat smokes, you are burning it, and that means you will ot be able to use it over and over again. Besides, the flavour the burnt fat will have an effect on the flavour of delicate food. stead, raise the temperature of the fat steadily till you see hat is termed the " blue haze". This blue haze is like the immering haze seen on a hot day, or the heat haze being emitted om a hot engine. An engine can emit a shimmering heat ze, but if you saw smoke rising, you would detect danger. o it is with frying fat.

All food to be deep fried should first be well dried, as beads of oisture dropped into hot fat can be extremely dangerous to the nwary. Season the pieces of food, dredge lightly with flour, rush over with well-beaten egg, and roll into breadcrumbs (brown white). Press the pieces lightly to ensure that the crumbs dhere well, lay the pieces on a wire tray to fit the pan, and gently wer them into the hot fat. No pieces should overlap each ther. They will not need turning, as they are being evenly ooked on all sides. If you have followed the time and tem- erature chart, the pieces will be perfectly cooked when a nice olden brown.

Take up the pieces, allow all surplus fat to drain away, and ress on a platter with a paper d'oyley placed upon it.

After you have finished with the fat, it should be carefully rained through fine muslin to remove all stray breadcrumbs, nd stored in a cool place. Crumbs left in the fat from time to me will appear as objectionable black specks on your next atch of food to be cooked, and in time the burnt black crumbs

will stain the cooking fat or oil a dirty colour, which in turn will be noticed by the dull colour of the fried pieces of food.

A word of warning regarding deep frying. Always see the pan used is deep enough to allow for expansion by volume when the pieces of food are lowered into the fat. Also, when food is added to hot fat, some of the surface moisture will boil rapidly, as the fat will be between 360°F. to 375°F., and the moisture on the food boils at 212°F. This may cause the fat to foam and boil over, thus making a great deal of mess, and sometimes fire has been caused, with disastrous results.

Frying, Shallow Fat Method

Unlike deep frying, clarified butter or margarine may be used in this process, as very little fat is needed, it being usual to have a shallow heavy frying or sauté pan for this mode of cooking. It is only suitable for fillets of poultry or thin slices of game. Large birds or thick slices of game cannot be cooked successfully by this method. If unclarified butter or margarine is used, because of its salt and water content it will splutter a little, but not violently, as in deep frying.

Dry the pieces of food to be fried, season with salt and pepper, and dredge with flour where described in the recipe ; otherwise leave plain. Heat enough fat to cover the bottom of the pan, or to come one-third of the way up the food. Fry the fillets or slices until golden brown on one side, turn carefully, and brown the other side.

Should the fillets or slices be thick, like chops or cutlets, and require some time to cook through, the heat must be lowered after the food is nicely browned, then continue cooking slowly until tender.

Grilling

Grilling is suitable for small fillets, steaks or cutlets of food. It is important to see the grill is pre-heated and the grid or grill rack be rubbed over with mutton or similar fat, to ensure the pieces do not stick to the bars and thus cause breaking when cooked.

prinkle the food with salt and pepper, place it under the grill ; en the one side is cooked, turn carefully and cook the other . Food other than fat types will need to be brushed over n good oil or melted butter before grilling ; otherwise, it cook dry.

ean foods are sometimes wrapped in well-oiled greaseproof er and grilled very gently both sides. Cooked like this, retain all their flavour and juices.

Poaching

Meat or poultry is never boiled continuously. The liquor in ch the food is to be cooked is brought to a rapid boil, the food ered into it, and the heat reduced at once, so that the liquor ust kept on the move (simmering). Never use more liquor n is needed, just enough to cover the food, especially so if king in wine or cider, or when the liquor is to be used for ce-making.

Sauté-ing

To sauté indicates a quick cooking process. The foods are wned or cooked in little fat, in a sauté or frying pan, and ed over a sharp fire or heat. The process is usually applied he quick cooking of sliced vegetables or diced meats when they required to be browned prior to braising or adding to stews.

The process can be best illustrated as being a type of shallow ng of any foods which require a sharp fire and quick cooking, ed and turned, to be evenly browned and cooked on all sides.

Steaming

Steaming as applied to domestic cookery is slower than ling, but it is considered especially desirable for the cooking small pieces of meat or pudding. The process is carried out h two vessels, the lower one containing the water and the per vessel containing the food. The steam is allowed to pass the upper vessel by way of perforations or tubes, and as the

steam condenses it falls back into the lower compartment. Alternatively, if the vessel be big enough, a pudding may be steamed by standing it in a pan of water which rises no more than half-way up the pudding when it is lowered into the pan.

Puddings should never be completely submerged in water, as it makes the outer shell soggy and slimy. A properly steamed pudding is lighter and more digestible than one cooked completely covered with water.

In large catering establishments, proper steaming ovens are used, so that the water never comes in direct contact with the food.

Stewing

Stewing follows the same theories as boiling, for it is nothing more nor less than simmering foods in the smallest possible quantity of liquid. The poultry or game and liquid are served together as a " stew", instead of as in the process of boiling, where the meats are separated from the liquids. The one is served as boiled meat and the other used for soup or broth.

Stewing has many advantages from the nutritive and economic standpoints. It will render palatable and tender the coarser, older and cheaper types of poultry or game, which are always undesirable if grilled, roasted, or baked.

The poultry or game is usually browned in hot fat with vegetables, before being plunged into cold water, which is then gradually brought to the boiling point, the heat is then lowered to 180°F. to 190°F. (slow simmering) and the whole cooked until tender.

It is essential that as little liquid as possible be used, to ensure that the goodness and flavour are not wasted in a lot of unwanted liquid ; also that the stewpot be covered during the whole process of cooking. Otherwise, the liquid will evaporate and more water will then have to be added.

Barding

To bard means to cover breasts of poultry or game birds, other types of game, with thin slices of fat. This is usually plied to small birds such as snipe, woodcock, larks, etc., which ed to be roasted in a sharp oven in the least possible amount of ne. Or, in the case of plover or quails, to save time in basting, hich must otherwise be done.

Thin slices of fat ham or bacon are laid completely over the rd and usually tied upon the bird. Where small birds are apped in vine leaves, the slice of bacon then encloses the whole.

Larding

This is a fast-dying art, for few households, or chefs for that atter, possess a set of larding needles, which are essential for is operation. One wonders what manufacturer will ever get rge enough orders to start the re-manufacture of these tools an aid to the culinary art.

Larding of dry poultry or game is not difficult, but how many preciate it when done?

To lard a bird, first obtain some fat bacon and cut it in slices out three-sixteenths of an inch thick and then cut the slices in ips three-sixteenths of an inch wide and 3 inches long. These e called lardoons. The lardoons are inserted into the ends of ecial needles, which are split at the end to enable the lardoons be threaded, as it were, into the cup-like hole of these needles. ne needles are then drawn through the flesh as in a sewing otion, leaving the ends of the lardoon (or strip of fat) projecting nere the needle entered and was drawn out.

In looks a properly larded bird or piece of meat will have the pearance of a hedgehog, when all the ends are trimmed to the me length with a pair of scissors.

Meats properly barded and basted will be found just as good an elaborately larded bird or joint.

No, I do not think we shall see larding needles manufactured gain in this country. All the same, it is nice to know how good ods can be prepared.

6

TEMPERATURES AND TIMES FOR COOKING

A NUMBER of factors affect the cooking losses o shrinkage in meat. Two of the most important of these can b controlled. They are :

1. *The temperature at which the meat is cooked.* (The highe the cooking temperature, the greater the shrinkage).
2. *The internal temperature of the meat or its degree of "done ness"*. (The higher the internal temperature of the meat, th greater the shrinkage).

Cooking Temperature

That low temperature pays has been demonstrated by thou sands of experiments conducted in America. These tests show the results obtained by cooking meat at low temperature as com pared with high, and how low cooking temperatures save meat whether roasting, boiling, frying, braising or simmering. From 15% to 20% of the meat shrinkage occurring in many establish ments as a result of high cooking temperatures can be prevented by the use of low temperatures. Meat is a much better produc when it is cooked slowly : more tender, juicier, and with mor flavour. It is also more uniformly cooked. Less fuel, too, i required to cook meat at low temperatures, even though th cooking time is longer. This is particularly true of roasting.

Another advantage of low temperatures for cooking meat i that there is less work involved, i.e., less watching of the mea during cooking, and less work in cleaning equipment afterwards since there is less burning of the fat on pans, racks and ovens.

w cooking temperatures also mean easier and more econ-
al carving. Not only is meat cooked at low temperatures
tender than that cooked at high, but also the muscle fibres
together better, and there is less crumbling and falling
. Thus, there is less waste in carving.

enerally speaking, the small game birds need a sharper oven
a large roast or joint.

l poultry, meat, or game, should be placed in a hot to quick
for the first 10 to 20 minutes (depending on the size) and
the heat reduced as shown on the chart, to finish off the
ing process.

ne following chart will tell you at what temperature to start
ing, and the temperature to reduce to, 10 to 20 minutes
the food has been placed in the oven. For small birds,
ce the temperature in 10 minutes ; for larger birds, reduce in
inutes.

all cases, the oven should be thoroughly pre-heated to ensure
correct solid temperature.

COOKING TEMPERATURE CHART

Name	Heat of Oven				Time
	Degrees Fahrenheit		*Regulo Number*		
	Start at	*Reduce to*	*Start at*	*Reduce to*	
Badger hindquarter	400	350	6	4	2¼/2¾ hours (baked in paste
Blackbird	400	375	6	5	40 minutes
Black Cock	425	375	7	5	45/50 minutes
Capercailzie	400	375	6	5	50/60 minutes
Capon	400	300	6	3/4	35 mins. per lb
Chicken, 6 months	400	300	6	3/4	35 mins. per lb
Chicken, 9 months	400	300	6	3/4	35 mins. per lb (*See Chicken to roast*)
Chicken, 12 months		Boil			65/75 minutes
Chicken, Fat Fowl		Boil			1½/2 hours
Coot	425	375	7	5	30/32 minutes
Cormorant	400	375	6	5	45/50 minutes
Corncrake	425	375	7	5	35/40 minutes
Crane	400	375	6	5	45/50 minutes
Curlew	425	375	7	5	30/35 minutes
Cygnet	400	350	6	4	1¾/2¼ hours
Dove	425	375	7	5	25/30 minutes
Duck	400	375	6	5	50/60 minutes
Duckling	425	375	7	5	35/40 minutes
Fig-bird	425	375	7	5	20/25 minutes
Goose	400	350	6	4	2¼/2¾ hours
Gosling	400	350	6	4	1¼/1½ hours
Grouse	450	425	8	7	30/35 minutes
Guinea Fowl	400	375	6	5	55/65 minutes
Gull	375		5 steady		35/40 minutes
Hare, old	Jugged or Stewed				2½/3 hours
Hare, young,	400	375	6	5	50/55 minutes
,, ,, stuffed	375	350	5	4	1¾/2 hours
Hazel Hen	400	375	6	5	35/40 minutes
Heron	400	350	6	4	45/55 minutes
Jay	400	375	6	5	40/45 minutes
Landrail	(*see Corncrake*)				
Lapwing	(*See Plover*—may take 2 minutes longer than golden plover, depending on age and size)				

COOKING TEMPERATURE CHART—*continued*

NAME	HEAT OF OVEN				TIME
	Degrees Fahrenheit		*Regulo Number*		
	Start at	*Reduce to*	*Start at*	*Reduce to*	
	450	400	8	6	16/20 minutes
r Hen, young	400	375	6	5	30/35 minutes
lan	425	400	7	6	14/16 minutes
idge, old	Casserole or Stew				60/75 minutes
idge, young	425	400	7	6	30/35 minutes
ock	400	350	6	4	1½/1¾ hours
en	400	350	6	4	1¼/1½ hours
sant, old	Casserole or Stew				75/85 minutes
sant, young	450	400	8	6	45/50 minutes
on, old	Casserole or Stew				45/50 minutes
on, young	425	375	7	5	25/30 minutes
ail	420	400	7	6	25/30 minutes
er, Golden	420	400	7	6	20/25 minutes
nigan	450	425	8	7	35/40 minutes
l	450	400	8	6	25/30 minutes
bit, old	Stew				55/60 minutes
bit, young, uffed	400	380	6	5½	45/50 minutes
	425	400	7	6	25/30 minutes
k	400	375	6	5	30/35 minutes
s and Reeves	425	400	7	6	20/25 minutes
e	450		8		20/25 minutes
rrel, young	400	375	6	5	65/80 minutes
ling	425	400	7	6	20/25 minutes
n	(*See Cygnet*—as only the young birds are fit for roasting)				
t	425	400	7	6	20/25 minutes
	425	400	7	6	20/25 minutes
ush	425	400	7	6	20/25 minutes
key	(*See full cooking chart under Turkey, to Roast*)				
ison haunch	400	350	6	4	2¼/3 hours
eatear	425	400	7	6	20/25 minutes
geon	425	400	7	6	25/30 minutes
d Duck	400	375	6	5	30/35 minutes
odcock	450		8		20/25 minutes
od Pigeons	Casserole or Stew				75/85 minutes

.—Regulo markings will differ slightly in some districts, depending on gas pressure. Therefore, the thermometer reading is more reliable.

7

EXPLANATION OF TERMS

IN most culinary works it is usual to include a glossa of cooking terms. In this series of Master culinary works unnecessary terms are eliminated. Instead, every word term which is likely to confuse, or not to be too well known, fully explained to assist the student or reader to understand mo readily the principal culinary phrases, or the origin of certa named foods used in the composition of the many recipes give

By introducing this section it is hoped that students or your housewives will be assisted in properly understanding t cooking terms and the composition of spices, herbs, or oth foods mentioned, and thus make their culinary efforts a great pleasure, both for themselves and their guests.

Allspice. The dried, unripe berry of the pimento or allspi tree, not to be confused with mixed spice.

Arrowroot. One of the most easily digested starch product The true arrowroot is a starch obtained from the rootstoc shiyome, of a West Indian plant, *Maranta arundinacer*. I name has been attributed to the Indian practice of using t fresh roots to cure the wounds made by poisoned arrow A smooth jelly-like custard is made from it, which is partic larly good in infant feeding and diets for disturbed digesti tracts. It keeps better than cereal starches.

Bard. To cover breasts of game or poultry with thin slices bacon or ham.

e. To drip fats or liquids, which have oozed from foods, er them during the cooking process, or to coat with additional s or liquids during the cooking to prevent a hardening of e outer casing or skin.

Leaves. The aromatic leaves of the sweet-bay or laurel-ee. It is usually cultivated, but in some parts it grows wild. he leaves may be used fresh or dried for flavouring purposes.

N.B. The sweet-bay and its leaves have no connection th "bay rum." That owes its name to the original method of anufacture by distilling rum with the leaves of the bayberry.

Salt. Coarse-grained salt, obtained by the natural evapora-on of sea-water.

ch. 1. To remove skins from fruit or nuts by allowing em to stand in boiling water from 1 to 5 minutes, then aining, rinsing in cold water, and slipping off skins.

2. To reduce strong flavour or set colour of food by unging into boiling water.

. To cook in liquid, usually at boiling temperatures. The oiling point is reached when bubbles rise continuously and eak at the surface. The boiling point of water varies with titude. At sea level it is 212°F., and decreases about 1°F. r every 500 feet of elevation. For instance, at 1,000 feet evation water boils at 210F.; at 3,000 feet elevation, 206°F.; 5,000 feet elevation, 202°F. The boiling point increases nder pressure of enclosed steam, and foods cook in less time 5 lb. pressure, when the boiling point is 228°F. At 10 lb. ressure, it is 240°F. At 15 lbs. pressure, it is 250°F.

ce. A brace or pair of birds, usually comprising 1 cock and hen bird.

ise. To smother. All foods cooked in a closely covered pot. n this way the food flavour and juices are retained.

il. To dress or cook over a fire, either directly or on a grid-on; to grill; to subject to strong heat. Pan broiling is ooking by direct heat in a frying pan, with very little, or no, rease.

Capers. The flower buds of the caper-bush, growing in countries along the Mediterranean and in India. After picking they are carefully dried and then stored in brine or vinegar the latter being sometimes flavoured with tarragon sprigs cloves, elder flowers and peppercorns. They are used as pickles and to add to sauces.

Casserole. To cook in an earthen, covered dish in the oven.

Chervil. An aromatic herb with a mild flavour, similar to parsley Only the young leaves should be used for flavouring purposes Curled chervil has more eye appeal than parsley, but is more perishable.

Chives. Chives are cultivated principally for their leaves, which grow in thick tufts, 6 to 8 inches high. They can be cut freely for new leaves quickly replace those taken. The entire plant is used for flavouring, as it is much stronger in flavour than green onions.

Cinnamon. The thin inner bark of the cinnamon tree. The bark is dried in quill-like rolls, is pale brown in colour, and has a fine aromatic flavour, making it a popular adjunct in cookery and confectionery. Ceylon cinnamon is of a pale yellowish-brown colour, and is cleaner and smoother in appearance than Cassia.

Croûtons. Slices of bread, plain or spread with savoury mixtures, cut into cubes and fried, for serving with soups.

Endive. The salad leaves of the chicory plant. The mature root roasted and ground produces the chicory used to adulterate coffee. The leaves are usually creamy white, and unless well blanched and crisp, they are bitter.

Faggot of Parsley. A handful of parsley, 6 young spring onions, 1 bay leaf, 1 sprig of thyme, tied together with string to facilitate its easy removal from the pot or pan when cooking is completed.

Faggot of Thyme. See Faggot of Parsley, and reverse the quantities given for parsley and thyme.

h Mustard. Not necessarily made in France. French stard is manufactured ready for use in various herb flavours. rragon French mustard is used in fish dishes when the ipe calls for French mustard.

h Vinegar—Vin-aigre (*F.*). Literally sour wine. Made m French sour wine, unlike the English vinegar, in which lt forms the chief substance. (*See also White Vinegar*).

Gras. Fat goose liver. Usually imported, preserved in thenware pots, from France.

c. A vegetable similar to a small onion, but with a bulb ite skinned, divided into 10 or 12 sections known as loves " (clove of garlic).

ish. To decorate. Something set around or on a dish as embellishment, or added for flavour or relish.

ronome. A person who pays great attention to his diet, an icure, being the art or science of good eating, love of good ting, gastronomically speaking.

kin. A small prickly cucumber, used chiefly for pickle. is light green, from 1 to 3 inches in length, about half as ick as it is long.

ed—Glacé (*F.*) Anything having a smooth and glossy rface, applied by means of meat glaze, sauce, jelly, or the e, usually completed by flashing under a grill or by placing a very hot oven. Also applied to anything that is iced or ozen.

rmet. An epicure, originally one with a delicate taste for od or wine.

tin, au. All baked or roasted dishes that are prepared with eese or crumbs grated over the top.

s d'Oeuvre. From the Russian *Zakouska* (foretaste), an petizer, conveying the idea of a meal to follow. Savoury t-bits.

seradish. A white, fibrous, perennial, pungent root. When raped and grated, it is used extensively in sauces, salads and r horseradish vinegar.

Julienne. To cut vegetables into match-like strips.

Lard. To lard meats, poultry or game, is to pass small strip of bacon through the meat by means of a larding needle not to be confused with barding (*which see*).

Mace. The covering which envelops the shell enclosing th nutmeg. It is used both in " blade " and ground form, t flavour soups, sauces, etc. (*See also Nutmeg*).

Macedoine. A mixture of various kinds of vegetables or fruits cut in even-shaped dice. With vegetables, the size is usuall confined to the size of the peas or beans with which it is mixed

Maître-d'Hôtel. Master of the hotel. Also the name of flavoured butter or sauce. *See Maître-d'Hôtel Butter*, als *Maître-d'Hôtel Sauce.*

Marinade, to Marinate. A rich, pickling liquor containin spice or wine, vinegar, etc., for enriching the flavour of mea or fish. To soak in such liquor.

Marjoram. An excellent herb of strong flavour, used extensively for flavouring game sauces and forcemeats.

Mask. To cover completely. Usually with mayonnaise o thick sauce.

Mortar. A vessel in which substances are pounded with a pestle, usually made from a solid piece of marble with a cavity hollowed out, being of great thickness and strength t allow for heavy pounding.

Noodles. A product which originated in Germany. They resemble a flat form of Italian paste (macaroni. spaghetti, etc.). Noodles are made of wheat flour, while Italian paste are made of semolina.

Nutmeg. The kernel of the fruit of a tropical tree native to the East Indies. The skin enclosing the hard shell surrounding the nut is the popular spice known as mace (*which see*).

Old Bird. Applied to birds bred in one year and killed in the next. (*See Young Bird*).

Olive oil. Olive oil is made from tree-ripened olives. That of a golden or straw yellow tint is best.

rika. An aromatic red pepper produced from dried and ound capsicums. Paprika can be employed for flavouring any dishes, and as a general condiment.

oil. To boil partially, or for just a short time.

le. An instrument for pounding anything in a mortar (*see lortar*).

ff. A dish of fish, meat or poultry, boiled with rice and ices.

ento, Pimiento. A mild, sweet, red, aromatic berry of the mento tree. Its brilliant red colour and piquant flavour s made it popular in salads and other food combinations.

ant. Pleasantly pungent ; appetising.

achio Nuts (*Green Almonds*). The kernel of the small ddish fruit of the pistachio tree. The quality of the kernel ries considerably ; in the best it is a greenish colour inside ; ed extensively for flavouring or decorating meats and con- ctions.

ter. A large flat plate or dish, in earthenware, glass or etal.

ch. To cook gently in hot liquid, usually below boiling oint, so that the shape of the food is retained.

ssin. The French term for a baby chicken. Not to be nfused with *poisson*, being the French for fish.

ée. Cooked food forced through a sieve or reduced to a ulp. A soup thickened by such treatment.

nelles. Forcemeat of different kinds, composed of fish, oultry, meats or game, shaped into tiny, olive-shaped balls. hey are used for garnishing dishes.

x. The roux is one of the basic thickening mediums for uces. It is a mixture of flour and butter, but economy ten compels cooks to substitute margarine for butter.

fron. The dried stigma from the flower of the crocus plant. is of a deep orange colour, with a sweetish aromatic odour. gives a pale yellow colour to sauces and cakes.

Saltpetre. Potassium nitrate, used in preserving meats. Sodium nitrate has replaced saltpetre to a large extent. The red colour of hams, salt beef, and sausage, is intensified by it.

Sauerkraut. Shredded cabbage fermented with a small amount of salt and lactic acid. Good kraut is a light straw colour, with a crisp firm texture and a clean acid flavour.

Sauté. To fry lightly and quickly in a small quantity of fat or butter while being frequently turned.

Sauté Pan. A shallow pan, usually of tinned copper, used to sauté foods (*see above*).

Scald. To pour boiling water over food and let stand a few minutes. To scald milk is to bring almost to the boil.

Score. To cut narrow grooves or gashes.

Secateurs for Game. A pair of strong, hooked, short scissors, for clipping through the ball joints of wing and leg of poultry and game. Chiefly used at table by the amateur—never used by the professional, who has perfected the art of cutting through all such joints with a game carver.

Shallot. A small brown onion with a stronger, but mellower, flavour than the common onion.

Simmer. To cook in liquid below the boiling point, about 185°F. (*See also page* 16).

Sippets. Small morsels of bread, usually fried in hot fat.

Soy. A brown sauce obtained by long double fermentation of mashed, steamed soy-beans and pulverized, roasted wheat, together with water, salt, etc. It is an important ingredient of good quality Worcestershire Sauce (*which see*).

Spit. An iron prong upon which meat is roasted in front of an open fire, usually fitted with a device to ensure its constantly revolving, such as a dog-spit, being a cage in which a dog constantly walked to revolve the spit—later revolved by the wind in the chimney. At one time, boys were employed to keep the spit on the move.

Stock. The broth in which meat or fish bones have been boiled, from which soups and sauces are made.

t Pepper. Another name for paprika.

agon. An aromatic herb ; the leaves of pungent flavour. is employed for flavouring sauces, vinegar and French ustard.

l. The entrails or intestines.

fle. A variety of fungus which grows in clusters under- ound, with no part visible above ground. In addition to eir excellent flavour, their black colour makes effective rnishings.

s. To make fast the wings and legs of birds to the body means of skewers and string—to draw tight and tie as a ndle.

e Vinegar. Made from sour white wine, from which vinegar rives its name—" vin " wine, and " aigre " sour. (*See also ench Vinegar*).

cestershire Sauce. Ready-made, very dark coloured, pun- nt sauce. If of good quality, it contains soy as its chief aracter ingredient.

ng Bird. A bird taken or killed in the same year as bred.

8

POULTRY AND GAME RECIPES

BADGER (*Blaireau*)

THE common badger is 25 to 29 inches long, with a tail of about 8 inches in length. A mature badger will weigh 28 to 35 lbs., and it is on record that a boar weighing 42 lbs. was caught in Denbighshire in 1936. In colour it is grey above and black below, with a white head, on either side of which is a black stripe. The old " sports " of badger drawing and badger baiting were prohibited in Great Britain about the middle of the nineteenth century.

Badgers are at their best from October to November, being fat and succulent by then.

The flesh can be treated as young pig meat in every respect, it being just as rich and having the flavour of a young pig. It can be cured by salting, the hams being exceptionally good fare. Badger pies are even better than pork pies, hot or cold.

BADGER HAM, TO BAKE

A badger ham will weigh 7 to 8 lbs. and needs cooking very carefully. Soak the ham for at least 6 hours in cold water. Wash it after soaking in lukewarm water. Cover it with a rough paste made with 3 lbs. flour and 3 lbs. water, make sure to wrap it up well. Bake in a moderate oven, pre-heated to 350°F., for 2½ to 3 hours.

Remove the paste and cover with bread raspings while still hot, if to be served cold. If to be served hot, serve with broad beans and fresh parsley sauce or cider sauce.

BADGER HAMS, TO CURE

x well together 5 ozs. common salt, 5 ozs. bay salt, ½ oz. pepper, 1 oz. saltpetre, ½ lb. coarse sugar. Dry these dients well in the oven.

nen cool, rub the mixture well into the ham. Turn and it every day for 4 weeks. Drain dry, and hang in a dry, airy place for 5 to 6 weeks, when it will be ready, he flavour will be much improved if allowed to hang 8 to 10 s.

BADGER PIE

ually, the thin forequarters are trimmed for pies, as they ot much use roasted. Trim a forequarter of badger, which produce from 3 to 4 lbs. of good tender meat. Cut it in slices and place a layer of the meat in a flat pie-dish. nkle with salt and pepper and a very little ground mace, r with a layer of meat with split, hard-cooked eggs, add a of freshly chopped thyme, and cover all with the remaining . Add ½ pint ham stock or water. Top with a good rich Pastry (I). Brush over with well-beaten egg, and bake moderate over 2 to 2½ hours.

the pie is to be eaten cold, it should be filled, while hot, a good jellied stock made from ¼ oz. powdered gelatine lved and boiled in ½ pint ham or veal stock.

BADGER, TO ROAST

nly the hindquarters are thick enough to roast successfully. ne badger is roasted whole, the forequarter, being thin, is ned to eat dry.

prinkle the hindquarters with salt and pepper and a little er, if liked. Brush over with melted dripping and wrap well reased paper. Roast the meat in a medium oven for 2 to 2½ rs.

hile the meat is cooking, prepare a gravy made from the ned feet and tail and thickened with a little flour. Serve Gooseberry Sauce or Horseradish Mayonnaise.

BLACKBIRD (*Merle*)

Blackbirds are in season from August to the end of January They are seldom eaten in England to-day, being one of the food which were only tolerated for want of a wider range of fare.

Guests of the Middle Ages would not be surprised at four-and twenty blackbirds fluttering from a pie, as after all they wer not baked—only the crust would be baked and the live bird placed in afterwards. Pies were baked in such manner for thi favourite conceit. Sometimes the pie would contain a dwar who stepped out to amuse the company by his antics.

The male bird is recognisable by its black plumage and orang bill, the female being a dusky brown and the beak also dark.

Blackbirds should be skinned and not plucked. The ski is slit down the back bone and around the leg and wing joint The skin is then removed complete with feathers.

BLACKBIRD, FRIED

Having skinned the birds, cut away the breast fillets, seaso lightly with salt and pepper, roll in egg and breadcrumbs, an fry gently in clarified butter, turning once. Serve with Sauc Diable.

BLACKBIRD LYONNAISE

Having skinned the birds, cut away the breast fillets, seaso with salt and pepper, dip in beaten egg and then in breadcrumb and fry in olive oil. Dress the fillets in a circle on the dish garnishing the centre with fried onion rings. Drain off the oi swill the frying pan with a few drops of white vinegar, and pou over the dish.

BLACKBIRD PIE

Slit the skin down the back, working gently, remove the ski from the bird, complete with feathers. The wings and fe from the knee joint can be cut off entirely, to facilitate th operation of skinning.

aw the birds and stuff them with a good, seasoned, Veal emeat. Have ready a pie-dish and line with thin slices of k or flank steak, put in the birds, cut in halves, and season ith salt and pepper. Fill any spaces with small cubed . Half fill the dish with good beef stock. Cover with Pastry (II) and bake in a moderate oven 350°F. for from 1½ t under 2 hours. Take from oven, fill the pie with more , and serve.

preferred, the spaces between the birds may be filled with es of hard-boiled eggs, in place of the steak.

BLACKBIRD POULETTE (*Merle à la Poulette*)

in and draw the birds, truss and season well, and cover with of fat bacon and roast. Allow to cool slightly, then strip eat from the bones and chop coarsely. Mix the chopped with Sauce Poulette and serve.

BLACK COCK, BLACK GAME, BLACK GROUSE (*Coq de Bruyère*)

ne black cock is abundant in the Scottish Highlands. At the plumage is the same in both sexes, but later the cock changes to a rich, glossy black, shot with blue and purple, eyebrows being a bright vermilion and destitute of feathers. aches a weight of about 4 lbs. The female usually only hs 2 lbs., and is known as the grey hen or brown hen. lumage is of a russet brown colour, irregularly barred with k.

not well hung, the bird is hard, dry and flavourless, but flavour is remarkably fine when it has been kept until it vs the symptoms of being hung long enough. Pick and draw, do not wash the inside. A damp cloth will do all that is ssary. Truss as a fowl.

BLACK COCK IN SEASON

Nowadays, with modern refrigeration, most birds can be obtained all the year round. In the British Isles, shooting commences 20 August (except Devon, Somerset and the New Forest, where it begins 1 September), and continues up to 10 December. Black Game is at its best in September and October. Poulterers are allowed 14 days' grace at the end of the season to sell fresh birds.

BLACK COCK À LA FINANCIÈRE

Truss the birds as for roasting and lard the breast well. Set them to braise in a stewpan with 2 parts of good stock and 1 part French vinegar ; baste frequently. When done, place them in a sharp oven for 2 minutes to crisp the larding, then glaze and dish them up with a border of celery purée mixed with button mushrooms sautéed.

BLACK COCK, GRILLED

Choose young birds and skin them. Split each bird in two and fasten each half neatly with a skewer to keep it in shape. Dip each half in melted butter or sweet oil and sprinkle with salt and pepper. Cook under a sharp grill from 20 to 30 minutes, turning frequently. Add more butter during the cooking if required.

Serve with Black Cock Sauce and Straw Potatoes.

BLACK COCK À L'ITALIENNE

Prepare 2 birds as for roasting, put them in a stewpan to braise with 2 sliced carrots, 2 sliced onions, 2 large stalks of celery, 1 blade of mace, 1 clove of garlic, and a faggot of parsley, with pepper and salt to taste. Moisten with 1 pint of stock and 1 glass of brandy. Cover with buttered paper and fasten the lid tightly. Braise over a slow fire 1 hour to 1½ hours, according to the age of the birds.

ıen the birds are cooked, dish them up and garnish with roni mixed with Tomato Sauce and grated cheese. Cover irds with Italian Sauce and serve.

faggot of parsley consists of a handful of parsley, 6 green s, 1 bay leaf, and a sprig of thyme, tied together with string.

BLACK COCK À LA MONTAGNARDE

epare the birds as described for grilling, securing each half with a skewer to hold the leg firmly in shape. Pour some ıed butter in a sauté pan and lay the buttered halves on top. in the oven, basting frequently. When done, drain well laze, dish them up on a bed of Poivrade Sauce, with a border otato croquettes. Send to table with a diamond-shaped of Anchovy Butter on each half.

BLACK COCK À LA NORVÉGIENNE

oceed as for Financière, but garnish with a border of stewed abbage dressed in the same way as sauerkraut. Cover the with Black Cock Sauce.

BLACK COCK À LA PAYSANNE

aise the birds gently in equal quantities of butter and stock. them frequently. When the birds are done, which will be out 1¼ hours, take them up, drain the fat from the pan, and o the gravy a glass of white wine, the juice of ½ lemon, and e pepper and salt ; boil these together and then pour it over irds. Garnish with Olivette Potatoes.

BLACK COCK, TO ROAST

ack Cock or Black Game (whichever you like) needs to be hung.

ck and draw the birds, but do not wash the insides ; wipe with a damp cloth. Truss in the same manner as for a en. Place the birds in a roasting pan and cover each with ce of fat, unsmoked bacon. Baste with bacon fat whilst ng. According to the age and size of the bird, it will take 50 minutes.

It is usual to sprinkle a slice of toast with lemon juice and roas the bird on this, which should be served with it, together wit rich brown gravy made from the giblets, and some Bread Sauce.

BLACK COCK SOUBISE

Braise the birds in any one of the ways previously described. When cooked, dish them up and cover completely with Soubis Sauce, mixed with half its volume of hot cream.

BLACK COCK, STEWED (for old birds)

Joint the black cock after skinning it and sauté lightly i butter until nicely browned, with a split clove of garlic. Remov the garlic and add ½ pint stock, 1 glass port wine, and salt an pepper to taste. Cover and simmer gently, 30 to 40 minutes, o until done.

Dish the bird on a platter, reduce the gravy a little by rapi boiling, pour it over the bird, and serve.

CAPERCAILZIE or CAPERCAILLIE
(*Capercalzie*)

The capercailzie (cock o' the woods) is quite plentiful i Northern Scotland. It is the largest member of the grous family, but unfortunately has a habit of feeding on pine needles which give it a turpentine flavour. The young birds, afte feeding on the fruit and leaves of the bilberry and other suc plants, and before the pine needles begin to fall, are at their be September to November.

They should be drawn as soon as shot and hung at least week—longer in cold weather.

The male bird is remarkable for its size and dark plumag with the breast metallic green. The hen bird is much smalle and mottled in colour.

RCAILZIE IN SEASON

me shot capercailzie are in season 20 August to ecember. Game dealers are allowed 14 days' grace to se of stocks after this date. Imported birds are available June.

CAPERCAILZIE, TO ROAST

percailzie may be roasted in the same manner as directed rouse. Serve gravy, bread sauce and brown breadcrumbs it, and garnish with watercress.

re is my favourite method :

epare the bird for roasting and stuff with a bunch of parsley bunch of chervil. Cover well with slices of very fat home- ham, sprinkle with salt and pepper, and roast in a sharp with the giblets around it. When the bird is sufficiently d, take it up, remove the herbs, drain the fat from the ng pan, and add ¼ pint stock to make a gravy. Reduce the to half by rapid boiling, pour over the bird, and serve croquette potatoes and Bread Sauce.

CAPON (*Chapon*)

capon is a male chicken castrated when young to improve eight and the flavour of its flesh. Capons grow larger than rels, with well rounded bodies, and can be distinguished ie pale and shrivelled appearance of the combs and the veloped condition of the spurs. They are usually superfed litary confinement and killed when not more than nine hs old. Spring reared birds are at their best for the Christ- able.

me farmers specialise in caponization and can arrange ar supplies.

Capons, to be tender, should be killed a day or two before they are dressed, and in cold weather three or four days should be allowed in between killing and cooking. When the feathers can be pulled out easily, the bird is ready for the oven.

They should be prepared in the same way as turkeys, for cooking, stuffings and sauces.

To Truss a Capon

Pluck the capon and singe if necessary. Cut off the feet and neck and draw the bird carefully, taking care not to break the gall bladder, which would render the bird bitter in flavour if fractured. Set aside the feet, liver, heart and gizzard and neck. Turn the wings under, bring the legs close to the body, and pass a strong skewer through the wing, the middle of the leg, the body, and out the other side through the middle of the other leg and wing. Pass a string over the ends of the skewer, bring round the vent, and fasten over the legs tightly with a double knot. After stuffing the bird, the skin of the neck is brought well under into the grip of the skewer.

CAPON À L'ANGLAISE

Truss and boil a capon in 4 pints water, ½ oz. salt, ½ lb. sliced onions, 2 sprigs parsley. Dish it up and surround with small boiled heads of cauliflower. Cover all with rich Béchamel Sauce and sprinkle with a julienne of ox tongue.

CAPON, BRAISED

Proceed in the same manner as for ptarmigan.

CAPON À LA CHIPOLATA

Draw and prepare the capon for stuffing. Prepare 1 lb. soft Veal Forcemeat and ½ lb. chopped roasted chestnuts. Stuff the bird with these. Cover the bird with fat bacon and roast, basting frequently until done.

Place the capon on a dish and garnish it with groups of chipolata sausages. Pour some rich brown gravy around it, and serve.

CAPON BRAISED À L'ESTRAGON

aise the capon gently in butter and stock, together with a prigs of tarragon, for 1 to 1¼ hours. When done, dish up ird and serve with brown Tarragon Sauce.

CAPON À LA FINANCIÈRE

uff and roast the capon as described for Capon à la Chipolata. the bird and surround with a purée of celery mixed with n mushrooms sautéed.

CAPON BRAISED À LA GARFIELD

aise a capon gently in butter and stock in equal amounts, a sprig or two of tarragon and seasoning to taste.

ake a rich brown gravy with the giblets, and to each 1 pint avy add ½ pint cranberry jelly. Cover the bird with this , and serve.

CAPON À L'IVOIRE

aise the capons in the usual way and when done the broth hich they have been cooked is skimmed free of all grease clarified with white of egg. This liquor is then reduced alf its volume by rapid boiling and poured over the bird. Sauce Suprême is served with it.

CAPON À LA JARDINIÈRE

il the capon in 4 pints water, ½ oz. salt, ½ lb. sliced onions, rigs tarragon, until tender. Place the capon on a large er and garnish with alternate groups of asparagus heads, l carrots, green peas, French beans, and cauliflower. Coat capon with Béchamel Sauce and decorate with slices of ue.

CAPON À LA MACEDOINE

he preparation is similar to Jardinière, with the exception the bird, when dished up, is garnished with freshly prepared edoine of vegetables. Mask with Allemande Sauce.

CAPON À LA MILANAISE

Boil the capon as described for Jardinière, and when done dish it up and garnish it with macaroni, to which for each 1 lb add 1 oz. truffle, 2 ozs. tongue, 2 ozs. mushrooms, all cut julienne style, and tossed well together.

CAPON À LA PRINTANIÈRE

Boil the capons as described for Jardinière. Dish them up and sauce them with Sauce Printanière. Garnish tastefully with young turnips, with the centres scooped out and simmered in white stock with a little sugar and salt. Fill the centre of the turnips with carrots shaped the size of olives, and top with young green peas.

Alternatively, quite a pretty effect can be made by filling some turnip cups with peas and some with carrot balls, and placing alternately around the dish.

N.B. To make the carrot balls, use a vegetable scoop or spoon, obtainable from any good hardware stores.

CAPON, ROAST (Plain), (I)

Truss the capon firmly and sprinkle lightly with salt and pepper. Place a good bunch of tarragon in the vent, wrap completely in well-oiled paper, and roast steadily for 1 to 1½ hours, according to size. When sufficiently cooked, place it on a dish and surround with watercress.

Serve rich brown giblet gravy and grilled pork sausages with it.

CAPON, ROAST (II)

Having drawn, trussed and singed the bird, place it in a roasting pan with the giblets around it, and cover with fresh sweet dripping. Roast steadily, basting frequently. Dredge with flour 10 minutes before taking up. Take up the bird and pour off the fat from the roasting pan, add about ½ pint good stock to make a gravy, boil up, adding salt and pepper to taste, strain and serve with the bird, which should be garnished with endive or watercress.

APON, ROASTED WITH CREAM STUFFING

pare the bird for roasting. Boil the liver and mince finely. 4 ozs. breadcrumbs in cream, add 2 ozs. shredded suet, 1 ponful chopped parsley, 2 ozs. sliced fried mushrooms, alt and pepper to taste. Mix all together with 1 well-beaten Stuff the capon with this mixture, truss firmly, and roast eviously described.

ve with giblet gravy, to which add 1 oz. chopped gherkins h 1 pint.

CAPON ROASTED WITH TRUFFLES

uté some thick slices of truffle in butter, with a flick of d nutmeg.

ving prepared the bird, place the truffle inside the bird and as directed under that heading. While the bird is cooking, t the truffle trimmings, pound them to a paste, and mix an equal volume of hot, clarified butter. Serve this le Butter with the bird.

CAPON, STEWED

b the prepared bird over with lemon juice and let stand ur. Put it in a stewpan with 4 pints clear stock, ½ oz. salt, sliced onions, and 2 cloves. Let it simmer gently for 1 hour. ke up the bird, strain the stock and reduce by rapid boiling is only 1½ pints. Thicken this with 2 ozs. flour and 2 ozs. r previously well creamed together, add a glass of white , pour over the capon and serve.

CAPON, STUFFED AND ROASTED

epare a stuffing as follows :

ix together 3 ozs. shredded suet, 2 ozs. chopped ham, 6 ozs. dcrumbs, 1 teaspoonful each of chopped parsley, marjoram thyme, the rind of ½ lemon, a little pepper and salt, and 2 l eggs. Bind the mixture well together and stuff the bird this forcemeat. Roast as described under Roasting (II), serve with rich giblet gravy.

CAPON STUFFED WITH CHESTNUTS

Cut off the tips of 24 large chestnuts and stew gently for 20 minutes. Skin and pound them, then mix them with the finely minced cooked liver of the bird, 2 ozs. butter, 2 ozs. breadcrumbs, a pinch of grated lemon rind, a little pepper and salt; bind all with 2 eggs. Stuff the capon with this forcemeat, and roast as described under Roasting (II).

Some prefer a little chopped parsley in the forcemeat, but I consider this unbalances the flavour of the chestnuts.

CHICKEN

BABY CHICKENS are known in culinary French as *poussins*.

Next come SPRING CHICKENS and COCKERELS, known in culinary French as *poulets de grain* and *poulets reine*.

FAT FOWLS are known as *poulardes*.

BOILING FOWLS are known as *poules*.

First, know your bird, and then decide how you are going to cook it. Broadly speaking, chickens may be placed in two classes—table birds, or layers.

Chickens may be fried, grilled, roasted, sautéed, broiled or boiled.

Baby chickens (*poussins*)	weigh ¾ lb. to 1¼ lbs.
Spring chickens (*poulets*)	„ 2½ lbs. to 3 lbs.
Fat fowls (*poulardes*)	„ 3½ lbs. to 4 lbs.
Boiling fowls (*poules*)	„ 4 lbs. and over

Good general rules for the selection of dressed poultry are:

1. To see that the eyes are bright and full.
2. The feet soft, moist and pliable.
3. The body plump and moderately firm.
4. The skin of clear colour.
5. The flesh free from bruises or stains.

With the approach of staleness, the eyes shrink and the feet dry and harden.

e age can be determined by :

. The lower tip of the breastbone, which in a young bird uld be as flexible as the human ear, becomes brittle at a year o, and hard and tough when older.

. The feet are soft and smooth in young, and hard and gh in old birds.

. Claws will be short and sharp in young, but larger and nt in the older bird.

e following recipes are all prefaced with the one word cken", to enable the complete range in the style of cooking set out in alphabetical order. In wording your menu in h, you should preface the title with *Poussin*, *Poulet* or *rde*.

tructions for preparing before cooking will be found under ecial section devoted to all the ways and means of preparing ry and game.

the way, if you hear of the famous chickens of Bresse, do e discouraged. They depend upon the local conditions of ng for their popularity, and not the style of cooking.

that particular smell emitted by the chicken, it has been hat the smell of hens is one of the homeliest smells it is ble to put your nose to. It makes you think of so much was good that has gone.

CHICKEN, FRIED ALABAMA

nerica is a country of fried chicken and clams. There are erous ways of frying chicken, and with very slight deviations all claim their place in the long list of various ways of ng the favourite bird in this manner.

epare the chicken as for Fried Chicken Maryland, but do dip in egg and roll in breadcrumbs ; instead, roll the pieces asoned flour and fry in the manner described.

CHICKEN, BREAST OF, ALEXANDRA

Slice the breasts off 2 young chickens, season with salt and pepper and sauté in hot butter until nicely golden yellow. Add 4 ozs. cream or evaporated milk and finish cooking them in the sauté pan until tender. Place the breasts on oval slices of fried bread, covered with sliced string beans sautéed.

Add the cream gravy from the pan to ¼ pint Mornay Sauce, with a sprinkling of paprika, cover the breasts with the sauce and flash under a hot grill till golden yellow.

CHICKEN SAUTÉ ALSACIENNE

Split a spring chicken in four (2 breasts, 2 legs with thighs). Heat 1 oz. butter in a sauté pan, add 1 minced shallot, the pieces of chicken sprinkled with pepper and salt, and cook until golden yellow. Then add 1 dessertspoonful of flour, and toss well. Next add ½ glass of white wine, ¼ pint stock, 1 teaspoonful meat extract, and simmer all for 15 minutes.

Serve on a platter garnished on one side with noodles and on the other side with small parsley dumplings. Sprinkle all with chopped parsley.

CHICKEN SAUTÉ AMBASSADRICE

Cut a spring chicken into neat joints, sprinkle with salt, pepper and flour, and sauté gently in hot butter until golden yellow.

Dress the joints on a platter, cover with Sauce Suprême, and garnish with sliced truffles and button mushrooms sautéed.

CHICKEN SAUTÉ AMPHITIAN

Joint a young chicken, season with salt and pepper and sauté gently in hot butter until a golden yellow. Dress on a platter and keep hot.

In the same pan sauté 2 sliced truffles, 4 large sliced mushrooms until tender, add 1 glass of sherry, ¼ pint brown chicken gravy, simmer all together, pour over chicken, and serve with a border of cooked rice.

CHICKEN FRICASSÉE À L'ANCIENNE

t a chicken into 8 pieces and place in a pan with 2 pints ld water. Season with salt and pepper and bring to the . Then add 6 ozs. small peeled white onions, 1 lb. small l raw Parisienne potatoes, 8 ozs. bacon cut in small cubes, a bouquet garni. Simmer all together until chicken is r, remove herbs and thicken carefully with a little flour water. Bind all with 2 yolks of egg mixed with double volume of cream or evaporated milk.

ve with a sprinkling of chopped parsley.

CHICKEN SAUTÉ ARCHIDUC

nt a young chicken and season with salt and pepper. Heat . of butter in a sauté pan and brown chicken both sides for nutes. Then add 2 sliced green peppers and sauté together chicken is tender.

ke the chicken up and dress on a platter. Swill the pan vith a glass of sherry and pour over the chicken. Sprinkle ith freshly chopped parsley, and serve with sliced lemon.

CHICKEN AND ASPARAGUS SALAD

ce the remains of a cold chicken and mix with an equal tity of cold boiled asparagus cut to the same size as the en, blend together with 1 diced green pepper and sufficient nnaise to form a nice free mixture.

rm a bed of crisp lettuce leaves in a salad bowl, heap the en mixture in the centre, and garnish with small skinned toes and sliced hard-boiled egg.

CHICKEN IN ASPIC

ast or fried chicken should never be set in aspic. Use steamed or boiled chicken.

il or steam a chicken as described under that heading, and to get quite cool. Cut the meat from the chicken in nice s, free from all bone (4 pieces of breast, 2 legs, 2 thighs).

FOOD TECHNOLOGICAL RESEARCH

Skin them, and arrange on a cake wire or cooler. Brush each piece over with aspic jelly, almost on the point of setting. After this first coating of jelly, decorate with slices of hard-boiled egg, watercress leaves and, if liked, some fancy shaped slices of truffle. Brush over gently with more aspic, and allow the decoration to set. Then repeat the coatings of aspic jelly until a nice thickness is built up.

AUSTRIAN CHICKEN FRITTERS

Strip the meat from a left-over chicken and pass it through the mincer with a little salt, pepper, ground nutmeg and a little parsley. Bind the meat with a little white or Cream Sauce, together with the yolk of 1 egg. Spread some slices of bread with the chicken mixture, as if making thick sandwiches.

Mix together ½ pint milk, 2 eggs and a little seasoning. Dip the chicken sandwiches into this, roll into sifted breadcrumbs and fry in hot fat.

CHICKEN BAKED IN CREAM SAUCE

Cut a chicken into neat serving portions, dip in milk, then into seasoned flour. Brown the pieces in hot butter, and place in a deep casserole.

Fry 4 ozs. mushrooms in the chicken fat, and add to chicken with 1 oz. of chopped onion. Cover with cream or thin Cream Sauce, and cook in a moderate oven until the chicken is tender, which will be in about 55 minutes.

CHICKEN BAKED WITH RICE

A fat boiling fowl is quite suitable for this dish.

Place in a saucepan a fat hen, cover with hot water, season with salt and pepper and bring to the boil ; add a bouquet garni and cook for 1 hour, or until the hen is half done. At this stage add 3 ozs. washed rice. Boil until the rice is nearly done, by which time it will have absorbed most of the broth ; then put the chicken into an open casserole with the rice around it, and bake until nicely browned and fully tender.

CHICKEN EN COCOTTE, BAZAR

inkle a spring chicken with salt and pepper and place in
ɔtte (earthen casserole), with 2 ozs. butter and 6 peeled
ı onions. Set in the oven and baste well until golden
. Then add 1 small glass of white wine and 2 large peeled
uartered tomatoes. Cover the casserole and simmer all
oven for 10 minutes.

ı 24 Olivette Potatoes and serve.

CHICKEN, BOILED

w it all depends whether you are seeking good chicken
or a good boiled chicken, for you cannot have both at the
time.

ou are seeking a good boiled chicken, then place sufficient
into a pan just to cover the chicken when it is submerged.
the water to the boil with 1 teaspoonful of salt, add the
en and allow the water to reboil for 5 minutes only, then
e the heat and add 3 sliced onions, 2 sliced carrots, 3 sticks
ery, and 6 sprigs of parsley. Simmer all gently from $1\frac{1}{4}$ to
ours, if it is a second year old bird, but if a young bird,
55 to 70 minutes will be sufficient.

ke up the bird, strain the stock, and reduce it to half its
ne by rapid boiling. Thicken the liquid and serve with
ird.

, as regards the pepper—forget it when boiling a chicken.

ow, if you are wanting some nice chicken broth, then place
hicken in the cold water so that all the goodness is extracted
e slowness of bringing it to the boil; 2 ozs. of barley or rice
be added $\frac{1}{2}$ hour before the chicken is to be taken up, to
substance to the broth.

ake care of the invalid's taste, for it may mean the onions
be omitted.

CHICKEN SAUTÉ BORDELAISE

Joint the chicken and sauté in butter with a shallot. Serv in brown gravy with sliced mushrooms, and garnish with frie onions.

CHICKENS, BROILING OF

Broiling means to cook by direct heat over or in front of a open fire, a gas flame, such as a grill, or an electric element.

The small young poussins customarily chosen for broilin cannot be satisfactorily cooked in less than 20 to 25 minute The variation in time depends on the size and method of broilin and degree of brownness desired.

Birds of more than $2\frac{1}{4}$ lbs. in weight should not be broiled.

Chicken, Broiled

Split 2 baby chickens down the back, sprinkle with Frenc Dressing and let stand under cover for 1 hour or longer, i possible.

Arrange the birds, skin side down, on pre-heated broiler placed about 5 inches from heat. Broil about 20 to 25 minutes basting with fat every 5 to 10 minutes. Serve on a very ho platter.

CHICKEN, BROILED WITH TOMATOES

Clean and steam the chicken until tender, split the bird, and remove as many of the bones as possible without breaking the meat and spoiling its appearance. Rub the bird over with melted butter and broil until crisp on all sides.

Cut some tomatoes crosswise in halves, and season with salt pepper and a little sugar. Broil them with sufficient slices o bacon so that there will be a split tomato and a slice of baco for each person. Serve the split chicken on buttered toas garnished with the tomato and bacon.

CHICKEN STUFFED BRUXELLOISE

k 1 lb. of bread in milk, squeeze out all surplus milk, and ine with a little salt and pepper, a little chopped parsley, finely chopped almonds and 1 egg.

f a chicken with this mixture, tie a slice of fat bacon or ver the breast, and roast in the same manner as described uffed Roast Chicken.

CHICKEN CANNELONS

pare 1 lb. of chicken croquette mixture and 1 lb. rough aste. Roll out the paste as thinly as possible, using as lour as possible, and cut into 2-inch squares. Place the n mixture on the pastry squares, in the same manner as sage rolls. Roll up tightly, coat them carefully with egg, ll in fresh breadcrumbs, fry in hot fat until thoroughly ed.

ve with fried parsley. (*See Chicken Croquettes*).

CHICKEN EN CASSEROLE

ide a chicken into neat joints. Heat 1 oz. of butter in a casserole and brown well 4 ozs. streaky bacon, 1 minced , 2 ozs. mushrooms. Add the pieces of chicken, cover , and cook until tender. Add ¾ pint thickened chicken cook 5 minutes, and serve.

CHICKEN EN CASSEROLE FRICASSÉE

a chicken into neat serving portions, dip in milk, then easoned flour. Brown the pieces in hot fat until golden , and place in a casserole.

k 4 ozs. mushrooms in the fat in which the chicken was ed, and add to the chicken with 1 oz. chopped onion. all with 1 pint thin Cream Sauce and cook until tender.

CHICKEN SAUTÉ CHASSEUR

Joint a chicken, and season with salt and pepper. In a saut pan put 1 oz. of butter and 1 tablespoonful of olive oil, hea and then add the chicken. When the chicken is golden yellow add 3 chopped shallots, and simmer, but not enough to colou the shallots. Then add 1 glass of white wine and boil for minutes; add 1 peeled and chopped tomato and a few slice mushrooms, and boil for 10 minutes more. Finally add 6 sma onions glacés and then dress the chicken on a platter. Season th sauce well, reduce by one-half, add a little chopped parsle and pour over the chicken.

CHICKEN AND CHESTNUT SALAD

Mix well together 8 ozs. diced, cooked, left-over chicke 4 ozs. chopped boiled chestnuts, 6 ozs. diced celery, 2 slice hard-boiled eggs, 1 oz. sliced stuffed olives, with ½ pi mayonnaise.

Prepare a bed of crisp lettuce leaves in a salad bowl and hea the chicken mixture in the centre. Surround with watercress skinned small tomatoes, and sliced hard-boiled egg.

CHINESE CHICKEN STEW

Boil chicken until tender, as described under boiling. Remov chicken from broth, add 4 ozs. bamboo or bean shoots, 4 ozs sliced mushrooms and 3 tablespoonsful of soy sauce, coo 25 minutes, and serve with the chicken.

CHICKEN CHOW MEIN

2 ozs. celery strips
1 small onion, sliced
1 green pepper, finely sliced
1 pint chicken stock
1 teaspoonful salt
2 ozs. sliced mushrooms
1 teaspoonful cornflour
2 cups shredded cooked chicke
2 tablespoonsful water
1 lb. Chinese noodles
2 teaspoonsful soy sauce

k celery, onion and green pepper in stock 20 minutes ; add oy sauce, mushrooms, chicken and cornflour mixed with and cook 10 minutes, stirring until thickened. Serve on noodles ; garnish top with slices of breast meat if desired.

CHICKEN CROQUETTES

into fine dice ¾ lb. left-over cold chicken, 4 ozs. cooked rooms, 1 oz. onion, simmer all in butter till hot, then add thick Cream Sauce, salt and pepper to taste, and lastly s of egg. Spread the mixture out on a plate and allow to e cool.

m the mixture into 2 oz. cork-shaped pieces, dip in egg ll into breadcrumbs, and fry in deep fat.

ve with Mushroom or Tomato Sauce.

CHICKEN, CURRIED (I)

pare 1 pint Curry Sauce as described under that heading, y left-over chicken, heat but do not boil, and serve with ashed cooked rice and chutney.

CHICKEN, CURRIED (II)

t a chicken and fry it gently in hot fat until golden yellow. pare 1½ pints Curry Sauce, add the pieces of chicken, and r until tender. Just before taking up, add 1 oz. scalded as and ½ oz. flaked coconut. Serve with boiled rice and ey.

CHICKEN CUTLETS

p the meat from a cold left-over chicken and pass it gh the mincer 3 times with 1 oz. parsley to each 12 ozs. of n meat.

each 12 ozs. of chicken meat, add ¾ pint stiff Cream Sauce ed with salt, pepper and ground nutmeg. Heat well, and yolk of egg. Lay the mixture out on a plate to cool, and hape up into 2 oz. cutlets. Dip them in egg, roll in bread-s, and fry in deep fat.

ve with Tomato Sauce and fried parsley.

CHICKEN SAUTÉ DEMI-DEUIL

Cut a spring chicken into four, season with salt and pepper and sauté in butter until golden yellow. Then sprinkle it with flour and sauté 5 minutes more. Then add ½ pint chicken stock and simmer for 10 minutes, or until tender, and remove chicken to a platter.

Thicken the sauce in the pan with 1 well-beaten egg mixed with its volume of cream or condensed milk. Season well and strain. Slice 1 large truffle and 1 oz. fried mushrooms, and add to the sauce. Heat, and pour over the chicken.

CHICKEN SAUTÉ DEMIDOV

Joint a spring chicken, season with salt and pepper and fry until a golden yellow in butter. Then add ½ pint Madeira Sauce and simmer all until tender.

Dress on a dish, garnish with small cooked turnips and onions with groups of stoned olives placed around the dish.

CHICKEN LEGS DEVILLED

Any left-over roast, boiled or broiled chicken legs may be utilised.

Mix a little French mustard with Worcestershire Sauce, and a sprinkling of cayenne pepper. Roll the chicken legs in this sauce, then into breadcrumbs, and broil over a slow fire or under a grill. When well heated through and crisp, serve with Devil or Poivrade Sauce.

CHICKEN SAUTÉ DITASTIN

Joint a spring chicken, season well with salt and pepper and fry in fat until a golden yellow. Then add ½ pint brown chicken gravy, 2 sliced truffles, 1 dessertspoonful of chopped tarragon and simmer all until quite tender.

Serve garnished with watercress.

CHICKEN DIVA

pare a chicken as described for roasting, and stuff with tuffing. Boil very steadily until quite tender.

sk the chicken twice with Sauce Suprême, sprinkle with ed York ham, and send to table.

CHICKEN EDWARD VII

ceed as for Chicken Diva, but instead of masking with me Sauce, mask with Curry Sauce and sprinkle with ed truffles.

CHICKEN À L'ESTRAGON

l a chicken in the least amount of water, with a bouquet . When sufficiently cooked, skin the bird, and mask twice rich Tarragon Sauce. Decorate with tarragon leaves and to table.

ernatively, the boiled chicken may be jointed and served way.

CHICKEN, BREAST OF, WITH FIGS

t the breasts from 2 young raw poussins, remove the skin ; kle with salt and pepper, roll in cream or evaporated milk in flour and fry in hot butter.

hen the breasts are tender, pour 3 tablespoonsful of cream platter and lay the breasts on top. Heat some canned ta figs and garnish so that there is sufficient for 2 to each n.

y figs cooked in chicken stock will form a good substitute e canned Kadota figs.

CHICKEN, FRICASSÉE OF

Clean the chicken, cut into serving portions, season with sa and pepper and brown in hot butter. When the chicken i nicely browned on all sides, add enough water to half cover it and simmer till almost done, with 1 sliced onion.

Just before taking up, add 8 ozs. peeled quartered tomatoes 2 ozs. sliced mushrooms, 1 dessertspoonful of chopped parsley and simmer all until tender.

CHICKEN, FRIED (General Use)

Chicken may be fried in shallow or deep fat. When fried i shallow fat, it is usually only dipped in milk and flour, but whe fried in deep fat it is dipped in well-beaten egg and then rolle into breadcrumbs.

Baby chickens are split lengthwise. Spring chickens ar cut into 4 by cutting lengthwise and crosswise. Chickens fo fricassée, being larger birds, are usually cut into 8 pieces, thes being 4 breast portions, 2 thighs and 2 drumsticks.

CHICKEN, FRIED (Deep Fat Method)

Cut a young tender bird into 4 equal pieces, sprinkle with sa and pepper, dip into well-beaten egg, then roll into breadcrumb and fry at 370°F. in deep fat.

Serve with Tartare, Mushroom or Tomato Sauce.

BREASTS OF BABY CHICKEN, FRIED (*Poussin*)

Split the poussin in two and take away the bones. Dip i seasoned flour and fry in butter to a golden yellow and tende Remove poussin to a dish and drain off fat from the pan, excep 2 tablespoonsful. To the fat in the pan add 1 oz. flour and sti until blended. Add ½ pint chicken stock (made from the bones) stirring until thickened. Season to taste, and pour over th fried poussin. Serve on toast, garnished with fried mushrooms

If liked, a little sherry may be added to the sauce.

FRENCH FRIED CHICKEN

s is merely fried chicken in a double coating to ensure t crispness.

a split poussin in egg and roll into breadcrumbs, repeat ocess to form a double coating, and fry in deep fat at 375°F. usual manner.

r other methods of frying chicken *see Chicken, Kentucky Maryland, Sauté, Savoy and Southern Style*).

CHICKEN, GALANTINE OF

it open down the back a good sized chicken and remove bone, being careful not to remove any of the meat, and not the skin. Lay the bird flat on a table, skin side down, eason with salt and pepper.

o 1 lb. good pork sausagemeat mix 2 ozs. lean diced ham, diced ox tongue, 1 oz. peeled pistachio nuts, and 2 ozs. truffle. Place this mixture inside the bird and close it rming a big sausage shape. Roll it very tightly in a clean and tie the ends very tightly.

ok in chicken stock or bouillon slowly, from 1½ to 2 hours. cooked, untie, and roll up afresh, as tightly as possible. the refrigerator to cool overnight.

ze with aspic and decorate with truffles and pistachio nuts.

CHICKEN GIBLET PIE

t 6 necks, hearts and gizzards into cubes, cover with water simmer until tender, adding 6 livers during the last 20 tes of cooking.

nd 2 ozs. of chicken fat with 2 ozs. flour and a little salt, to giblets and cook until thickened, stirring constantly. any pickings from left-over chicken carcases, 2 small diced s, 4 ozs. cubed raw potato. Pour all into a pie-dish and with a layer of puff pastry, brush over with egg, and bake nicely browned, which will be in 20 to 25 minutes.

CHICKEN AU GRATIN

Cut a stewing chicken into serving portions, sprinkle with a good French dressing, and allow to stand covered overnight.

Place the chicken in a pan with hot water and simmer until tender. Drain off the stock and save. Transfer the chicken to a greased casserole.

Take 3 ozs. chicken fat from the stock and blend with 2 ozs. flour, add stock gradually and cook until thickened, stirring constantly. Add 1 teaspoonful Worcestershire Sauce, and pour over chicken. Cover and cook at 350°F. for 20 minutes. Remove cover, sprinkle liberally with cheese and breadcrumbs, and cook uncovered until surface is browned.

CHICKEN, GRILLED

First prepare the sauce to go with the chicken. The additions to the sauce may be added while the chicken is cooking.

Have ready ¾ pint of rich Espagnole Sauce made with stock from the roasted chicken bones and giblets. Add to the sauce 4 ozs. sliced fried mushrooms and 4 ozs. sliced ham cut into thin strips.

Divide the young chicken into 4 nice portions (2 whole breasts, 2 legs and thighs). Brush over with good salad oil or melted butter, dust lightly with salt and pepper, and grill steadily from 15 to 20 minutes, turning and basting as required.

Serve the pieces of chicken on slices of fried bread, with the sauce around them, garnished with watercress.

CHICKEN HASH

Pick the remains off the carcase of a left-over chicken and for each 8 ozs. prepare ¾ pint of Chicken Sauce as follows :

Skim 2 ozs. chicken fat off the chicken stock in which the bird was cooked, blend in a pan with 1 oz. flour, add ¾ pint hot chicken stock, and cook until thickened, stirring constantly. To this sauce add 2 ozs. sliced fried mushrooms and the chicken pickings, heat well and serve on slices of buttered toast.

CHICKEN HASH ITALIENNE

at 2 ozs. butter in a pan then add 1 diced onion and fry
a golden yellow; add 1 oz. flour, mix well and gradually
in ¾ pint hot chicken stock, stirring constantly until thick-
To this add 1 lb. diced cold left-over chicken, 1 glass
erry, 4 ozs. button mushrooms sautéed.

CHICKEN HASH VICTORIA

1 pint Chicken Sauce add 1 lb. diced cooked chicken,
minced fried onion, 1 oz. finely minced chives, 8 ozs. diced
d potato. Serve on toast with a sprinkling of chopped
il.

CHICKEN SAUTÉ HONGROISE

nt a chicken and put it in a sauté pan with 2 ozs. butter,
n with salt and a little paprika, simmer for 5 minutes;
sliced onion, and simmer slowly for 10 minutes with the
over the pan. Then add ½ pint rich Cream Sauce and
5 minutes.
move the chicken to a platter, pour the sauce over it, and
sh with a border of macedoine of vegetables.

CHICKEN ISABELLA (Cold)

il a fat chicken. When it is cold, slice the breast very thin.
ake 1 pint of Mayonnaise Sauce and add ½ teaspoonful of
ka to it.
x 4 ozs. cold boiled rice with a little of the mayonnaise
lace in the centre of a dish. Lay the sliced breast of chicken
p and pour the rest of the mayonnaise over all. Lay a few
s of tarragon crosswise on top. At each end of the dish
two groups of asparagus tips. Sprinkle all with finely
ped chervil.

CHICKEN, BREAST OF, JAPONAISE

Remove the skin from a nice young roasting chicken, lift off the breasts carefully in one piece, season with salt and pepper, roll in cream or evaporated milk, then in flour, and fry in butter.

Place 2 slices of buttered toast on a dish, top each with a slice of ham, then the cooked breasts of chicken. Decorate with a few fried button mushrooms, pour a little Cream Sauce over, and bake in oven for 5 minutes.

CHICKEN IN JELLY

Cut a fat chicken up into neat joints, place it in a pan with sufficient cold water to cover it; together with the feet, neck, heart, gizzard and a little salt. Bring gently to the boil and simmer until tender. Take up the chicken, take off all skin and remove bones, throwing the skin and bones back into the pot to stew further.

Arrange the skinned and boned chicken nicely in a mould, with a few slices of hard-boiled egg.

Meanwhile, let the stock, giblets and bones all boil rapidly until the liquor is reduced to 1 pint. Strain, cool, and pour gently into the mould. Place in the refrigerator overnight to set. Serve with fresh crisp salad.

CHICKEN SAUTÉ JOSEPHINE

Cut 2 spring chickens in quarters and season with salt and pepper. Sauté the chicken in sweet oil or butter; when it is nearly done, add 6 diced shallots, 2 ozs. carrot cut in very small dice, 1 bay leaf cut fine, 1 clove, a little parsley, 2 sliced mushrooms, 2 ozs. diced ham.

When all are cooked, remove chicken to a platter, and to the sauté pan add 1 glassful of brandy, and reduce by half. Then add 1 oz. butter, the juice of ½ lemon, stir well and pour over the chicken.

CHICKEN, FRIED, KENTUCKY STYLE

t a spring chicken into neat serving portions and steam it tender. Just before frying, mix together 4 ozs. flour, baking powder, a little salt and pepper, 1 egg and 6 ozs. Dip each piece of seasoned chicken into the batter and deep fat at 375°F. until nicely browned.

nall baby chickens (poussins) may be split in halves and ed the same way.

CHICKEN À LA KING

t medium white sauce	3 ozs. butter
t cream	1 pimento, cut in thin strips
p sliced mushrooms	2 cups diced cooked chicken
en pepper, minced	salt and pepper
g yolks, slightly beaten	buttered toast

epare sauce with ½ pint milk and ½ pint chicken stock, add n and bring to a boil. Sauté mushrooms and green peppers utter 10 minutes, stirring frequently ; add with pimento and ken to sauce, season to taste with salt and pepper, and simmer t 5 minutes ; stir into egg yolks and cook 1 minute, stirring tantly. Serve at once on hot toast or vol-au-vent.

or variation, add one of the following : 1 wine-glass sherry ; aspoonful lemon juice and ¼ cup chopped ripe or stuffed es ; ½ cup chopped almonds and 1 teaspoonful lemon juice.

CHICKEN KROMESKIES

roceed in the same manner as described for Chicken Cro-ttes. Shape into 2-inch cork-shaped pieces, but do not and crumb. Instead, roll each croquette in a slice of bacon, into Batter (I) and fry in deep fat.

erve with Mushroom Sauce garnished with parsley.

CHICKEN SAUTÉ LAYFITTE

Cut a spring chicken in four, and season with salt and pepper. Put 2 ozs. of butter in a sauté pan, heat, and add the chicken. Cook until a golden yellow, then sprinkle with 1 oz. of flour and cook until flour is yellow. Then add 1 glass of claret, ¼ pint chicken stock, 4 ozs. button mushrooms. Peel 1 large tomato, cut into slices, and add to the chicken. Simmer all together for 20 minutes.

Take up the chicken and arrange on a platter; boil the sauce for 5 more minutes, add a little chopped parsley, season to taste and pour over the chicken.

CHICKEN LEON

Put on the stove, in cold water, 1 large fat chicken. Add salt, 1 sliced carrot, a bouquet garni, 1 sliced onion, and boil until tender.

From the stock and chicken fat make 1 pint of Chicken Sauce, and bind it with 3 yolks of egg mixed with the same volume of cream or evaporated milk.

Cut the chicken into neat serving portions and garnish with macaroni mixed with a little of the Chicken Sauce. To the remainder of the sauce add 1 sliced truffle, 2 sliced cooked mushrooms, and mask the pieces of chicken well with this sauce.

CHICKEN LIVERS EN BROCHETTE

Cut 4 chicken livers in half and roll 8 rashers of bacon. Alternate rolls of bacon with pieces of liver on skewers, keeping liver and bacon close together. Bake in hot oven 425°F. until bacon is crisp and livers are cooked. Transfer to silver skewers and serve.

CHICKEN LIVERS, CURRIED

6 chicken livers into quarters, season with salt and pepper, crumbs, dip in egg, and roll again in crumbs. Sauté ers in fat until tender. Remove them from the pan, and 1 oz. minced onion in the same fat, add 1 oz. flour, ½ tea-ful curry powder, ¾ pint milk, and cook until thickened, g constantly.

ange livers on a dish, pour over sauce, and serve.

CHICKEN LIVERS SAUTÉ FORESTIÈRE

t 6 chicken livers in two, season with salt and pepper and them in hot fat for a few minutes. Slice 4 ozs. mushrooms auté them in the same fat. Then put the livers and mush-s in a pan on the stove and cover with ½ pint Madeira e. Heat well, but do not boil.

ve with a sprinkling of chopped parsley.

CHICKEN LIVER OMELETTE

t 4 chicken livers in two, season with salt and pepper, ge with flour, and sauté in hot fat until brown. Just before g them up, add 1 tablespoonful of sherry to take up the and allow to thicken.

ake a 3-egg omelette in the usual manner, fold in the liver ure, and serve.

e sherry may be omitted and a little tomato sauce added, ed.

CHICKEN LIVERS SAUTÉED (or Fried)

t 4 chicken livers in two, sprinkle with salt and pepper, ge with flour. Sauté 1 small diced onion in fat until golden w, add the livers, and brown nicely on all sides, add ¼ pint nroom or Tomato Sauce, simmer 3 minutes, and serve.

CHICKEN LIVERS ON TOAST

Cut 3 chicken livers in two, sprinkle with salt and pepper. Mince 1 onion finely, and mix with 1 teaspoonful chopped parsley. Roll the livers in this mixture, wrap each in a thin slice of bacon, and bake in a hot oven for 10 minutes.

Butter a slice of toast, arrange the livers upon it, sprinkle with a little chopped parsley, and serve.

CHICKEN SAUTÉ MADELEINE

Joint 2 spring chickens and put in a sauté pan with a little hot butter, season with salt and pepper, and sauté for 5 minutes. Then sprinkle 1½ ozs. flour over the chicken and sauté for 3 minutes. Add gradually 1 pint of boiling milk and boil for 10 minutes. Then remove chicken to a dish, bring the sauce to a rapid boil with ¼ pint cream or evaporated milk, and pour over the chicken. Sprinkle all with a macedoine of vegetables.

CHICKEN SAUTÉ MADÈRE

Joint a spring chicken, season with salt and pepper, and sauté in fat until a golden yellow. Sprinkle with 1½ ozs. flour and brown again. Then add 1 glass of madeira wine, simmer 2 minutes, and add ¼ pint chicken stock and 1 teaspoonful of meat extract, and simmer all for 5 minutes. Dress the chicken on a platter, reduce the sauce to half by rapid boiling, strain it, and pour over the chicken.

CHICKEN FRIED MARYLAND

Cut up a spring chicken, roll first in flour, then in egg, and finally in breadcrumbs. Season with salt and pepper. Melt 3 ozs. of butter in a frying pan, and when hot add the breaded chicken and fry until golden brown, but be careful not to burn it. It will require about 10 minutes for a young chicken. When it is done, put on platter with Cream Sauce over the bottom, and garnish with 4 corn fritters, 4 small potato croquettes the size of an ordinary cork, and 4 strips of fried bacon on top.

CHICKEN MAYONNAISE

l or steam a nice fat chicken, as described under either ose headings. Cool the bird, skin it, and cut into neat ons free from all bone.

sh some crisp lettuce and form some lettuce cups from nice y leaves. Place a piece of chicken in each lettuce cup, and the chicken with freshly made Mayonnaise Sauce. Arrange ups on a dish, sprinkle with paprika, and garnish here and with watercress.

CHICKEN SAUTÉ MERENGO

nt a chicken, season with salt and pepper and put in pan ry hot olive oil. When it is nice and brown on both sides, chopped shallots and a little garlic, and allow them to get but not brown. Then add ½ glass of white wine and reduce. 1 cup of brown gravy, 1 cup of chopped tomatoes, and a sliced mushrooms. Cook for 15 minutes. Dish up and sh with eggs and croûtons fried in butter, chopped parsley, few slices of truffle on top.

CHICKEN, MINCED

ip the meat from a left-over chicken. Crush the bones ut to boil with the giblets in as little water as possible, to a stock. While the stock is boiling, dice the chicken finely a knife. Do not pass it through a mincing machine.

each 8 ozs. meat, melt 1 oz. chicken fat in a pan, add ¾ oz. and gradually pour in ¾ pint hot chicken stock, cook until ckens, stirring constantly. Taste for seasoning, add the chicken, heat well, but do not reboil, and it is now ready rve.

CHICKEN MINCED WITH MUSHROOMS

above, adding 2 ozs. sliced fried mushrooms. Do not the mushrooms like the chicken, but let there be a contrast icing the mushrooms in fine strips.

CHICKEN MINCED WITH POACHED EGG

The eggs for this dish are best poached in seasoned chicken stock, and not just plain water.

Use minced chicken or chicken and mushroom mixture, as described above. Place a portion of minced chicken in the centre of the plate, form a hollow like a nest, and place the poached egg in the hollow. This is much better than placing the poached egg on a pile of minced chicken, which, by the time it reaches the guests, has slithered off to the side of the plate.

CHICKEN SAUTÉ MONTMORENCY

Joint a spring chicken, season with salt and pepper and sauté in butter until golden yellow and tender. When done, remove chicken to a platter, and put in the pan ½ pint Sauce Madère, 2 ozs. sliced grilled mushrooms and 1 teaspoonful freshly chopped parsley. Simmer all for 3 minutes; pour over the chicken.

Serve garnished with young green peas.

CHICKEN SAUTÉ MONTPENSIER

Joint a young chicken and season with salt and pepper. Sauté in butter until golden yellow and tender. Sprinkle with 1 oz. flour and let that brown, add ½ pint chicken stock and 1 teaspoonful of meat extract, and simmer all uncovered for 3 minutes. Remove the chicken to a platter; add 2 tablespoonsful of tomato ketchup to the sauce, a little chopped chives and parsley, heat well, and pour the sauce over the bird.

CHICKEN, COQUILLES OF, MORNAY

Prepare 1 pint Chicken Croquette mixture a little on the thin side. Butter 4 coquilles or shells, fill with the croquette mixture, sprinkle with breadcrumbs mixed with an equal quantity of grated cheese, dab with melted butter, and bake in oven until brown.

Serve garnished with sliced lemon and sprigs of parsley.

CHICKEN AND MUSHROOM CASSEROLE

ceed in the same manner as for Chicken en Casserole, ; 4 ozs. small mushrooms with the chicken before cooking.

CHICKEN AND OYSTERS IN CASSEROLE

ceed as for Chicken en Casserole. Roll 18 oysters in s, place in the casserole with the chicken.

CHICKEN BREASTS PAPRIKA

the breasts from 2 spring chickens and simmer in 1 pint r until tender.

d together 1 oz. flour, ½ teaspoon paprika, 4 ozs. evaporated r cream if you can spare it. Take up the breast of chicken range on a platter; thicken the hot cider with the flour e, stirring constantly. Mask the breasts with the paprika and garnish with grilled mushrooms.

CHICKEN SAUTÉ PARISIENNE

t a young chicken and sauté in a pan with 2 ozs. of butter. with salt and pepper and when it is done add ½ pint of o Sauce and a few fresh sliced mushrooms. Cook for utes in the sauce, dress the chicken on a platter, pour the over it, and garnish with macaroni in cream.

CHICKEN PATTIES

pare 1 lb. puff paste and roll out to a thickness of ¼ inch, ith a plain (not fluted) cutter of 2½ inches diameter, stamp many rounds as possible, which will be 18 to 20 if you ot wasted the pastry by stamping out too far apart. With er 1½ inches in diameter, make an inner ring half way gh the thickness of the paste. Brush the pieces over with eaten egg and allow to stand 20 minutes; brush over again ke at 400°F. for 20 minutes. Take out the centres while ot, taking care not to break the discs of pastry as these e required later for the lids.

Dice 12 ozs. cold chicken, 4 ozs. lean ham, and mix with 1 pint of Béchamel or Chicken Sauce, together with the juice of ½ lemon and ½ oz. split pistachio nuts. This will allow about 2 ozs. of mixture per patty, so fill them high and top with the pastry disc originally taken from the centre. Decorate with sprigs of parsley, and serve.

N.B.—Get the heat of the oven right. If too hot, the patties will topple over, if too slow they will fail to rise properly. 400°F is ideal for baking puff pastry.

See Chicken Rissoles for using up any scraps of left-over pastry or filling.

CHICKEN PATTIES TOULOUSE

Proceed with making the patty cases as described above, filling them with Toulouse filling, for which see Chicken Vol-au-Vent Toulouse.

CHICKEN AND HAM PIE (Quick)

Dice 12 ozs. left-over chicken, 8 ozs. ham, 2 hard-boiled eggs. Mix all together with ½ pint well seasoned thin Chicken Sauce, and pour into a pie-dish. Cover with puff pastry, brush over with egg and bake from 20 to 25 minutes.

CHICKEN AND HAM PIE (Hot)

Boil a fat fowl until tender, take off the skin and strip the meat from the bones, throwing the bones and skin into the chicken stock to extract more of the flavour.

While making the pie, allow the stock to boil rapidly to reduce it to half its volume.

Line a pie-dish with slices of ham, on this set a layer of the sliced chicken, mixing a little of the white meat with a little of the dark, sprinkle with freshly chopped thyme and a little pepper but no salt. Split 3 hard-boiled eggs and arrange in the dish. Now repeat with another layer of ham and chicken, sprinkling again with pepper, but no more thyme. Top up with the reduced chicken stock and allow to cool before covering.

er the pie with puff pastry, brush over with well-beaten nd bake at 400°F. for 15 minutes, then at 375°F. for r 15 minutes. Top up the pie with more chicken stock red, and serve.

CHICKEN PIE (Cold)

eed in the same manner as Chicken Pie Hot, except that chicken stock must be added a little gelatine to allow the cut nicely. To each 1 pint of stock used, dissolve ½ oz. red gelatine in a little hot water or stock, and add before .

rnatively, if the chicken be cooked in as little water as e, and the giblets, feet, skin and bones from the carcase l stewed together, the stock should be quite gelatinous n without the addition of any gelatine.

CHICKEN POT PIE

a fat hen into neat serving portions and put in a pan with s cold water. Season with salt and pepper, bring to the dd a bouquet garni, and simmer gently for 30 minutes. nove the bouquet garni, add 12 small potatoes the size of ts, and 4 ozs. diced bacon. Simmer all together until . Thicken with a little flour and water and simmer until ned.

r the mixture into a pie-dish, sprinkle with chopped parsley t stand to cool. When nearly cold, cover with puff pastry, with well-beaten egg, and bake in oven at 400°F. for 15 es, and at 350°F. for 15 minutes longer, or until nicely ed.

CHICKEN AND RICE LOAF

ce 12 ozs. chicken scraps through the mincer, with 6 ozs. l peas ; add 8 ozs. cooked rice, 2 ozs. diced celery, 1 diced to, 1 dessertspoonful of onion juice, ¼ pint milk, 2 yolks , and pepper and salt to taste. Mix all ingredients well lace in a greased loaf pan or mould. Bake at 375°F. for 40 minutes or until firm.

CHICKEN RISSOLES

To 1 lb. Chicken Patty mixture add 2 ozs. of sliced mushrooms.

Roll out thinly 1 lb. puff pastry and stamp out circles 3 inches in diameter. Into the centre of each circle place 1 oz. of the patty mixture. Wet the edges of each circle of pastry with milk or egg and fold over into half-moon shapes, as for a turnover. Brush the top of each rissole with egg and turn it into bread-crumbs or crushed vermicelli. Allow to stand 5 minutes and fry in deep fat.

Left-over patty filling, together with the puff pastry scraps, can be well utilised for rissoles.

CHICKEN, ROASTED

There is no mystery in roasting a chicken really well, except to start with a hot oven and reduce to a slow temperature. All too often the bird is too old to roast and the oven is far too hot.

Pluck, singe, clean, wash and rub dry in a clean cloth. Rub the inside with a little salt.

Stuff lightly and by no means tightly, with any desired stuffing from the many featured in the section Sauces, Stuffings and Garnishings. Rub the bird with a little fat. Place in a roasting pan, uncovered breast up, with the scalded feet and giblets all around it. Next, dip a piece of clean cloth in melted fat and lay over the bird.

Set the bird in the oven at 400°F. for 10 minutes, reduce heat to 300°F. and roast until almost tender. Remove cloth, dust the bird with salt and pepper, and finish cooking until nicely browned. There you will have a nicely browned, tender bird, full of natural juices, and without any fuss or bother of basting whatsoever.

Take up the bird. Swill the pan with ½ pint stock or water, and simmer with the giblets for 10 minutes. Do not thicken the gravy. Serve with Bread Sauce, fried bacon or small sausages and the gravy. Garnish with watercress.

CHICKEN IN THE ROUGH

ere is a story attached to this registered trade mark for g chicken in America.

ertain restaurant proprietor took his wife out for a motoring , and when they halted for lunch, it was found they had acked any knives or forks with which to eat their chicken . In the turmoil to find the missing knives and forks, nch box was upset, the chicken falling to the floor of the During the process of eating the chicken with their fingers, aan exclaimed to his wife : " Well, this is chicken in the proper." Later, he set up a restaurant where he served chicken with a paper frill for the guests to hold while , no knives or forks being supplied, naming it " Chicken e Rough." To-day, hundreds of restaurants in America royalty for the privilege of serving " Chicken in the Rough."

erefore, chicken in the rough is fried chicken served with let frill for the guests to hold and eat in their fingers—so y is made !

CHICKEN SALAD

ery chef or cook knows how to serve a portion of chicken a little salad, and call it Chicken Salad.

r a change, try this :

ce 1 lb. cold chicken and marinate it in French Dressing for ur. Drain if necessary, and mix with 2 slices of pineapple nto cubes, 2 ozs. diced celery, 1 oz. shredded almonds, t Mayonnaise Sauce.

rm some crisp cups of lettuce leaves and pile the mixture in them. Decorate with split pistachio nuts and prepare self for the repeat orders. This method uses up the dark with the white, and everybody is served alike.

CHICKEN AND ORANGE SALAD

Separate 2 juicy oranges into segments; dice 12 ozs. cold left-over chicken; chop 4 ozs. celery into dice. Mix the above ingredients together with 2 ozs. salted almonds and ½ pint Mayonnaise Sauce.

Prepare a bed of crisp young lettuce leaves in a salad bowl, heap the mixture in the centre, and garnish the edges with sliced hard-boiled egg and watercress.

CHICKEN AND TONGUE SALAD

Mix together 8 ozs. diced chicken, 8 ozs. diced cooked tongue, 4 ozs. diced celery heart, 2 ozs. sliced stuffed olives, ½ pint Mayonnaise Sauce.

Form some crisp cups of lettuce leaves and pile the mixture high in them. Decorate with split almonds.

CHICKEN SALAD VICTORIA

Cut the breast of a boiled chicken in ½ inch squares, add 2 ozs. string beans cut in pieces 1 inch long, 2 ozs. boiled rice, 1 peeled tomato cut in small squares, and 1 sliced truffle. Season with salt, pepper, a little chopped chives, chervil and parsley. Mix all together with 2 ozs. of French Dressing, and serve in crisp lettuce leaves.

CHICKEN SAUTÉ SALONIKA

Cut a spring chicken into neat serving portions, dust with salt and pepper, and sauté in butter until golden yellow, then add 1 chopped shallot. When the shallot is coloured, pour off the fat and add ½ pint brown gravy and simmer 5 minutes.

Dish up on a platter, pour the sauce over the chicken, sprinkle with chopped parsley, and garnish the dish at both ends with fried artichokes.

CHICKEN SANDWICHES

ere is a numerous range of sandwiches in which chicken be incorporated, a few of which are featured below. ped almonds, cashew nuts, walnuts, ham, olives, gherkins, can all be mixed with diced chicken and combined with nnaise, tomato mayonnaise, horseradish mayonnaise, pea- utter, etc. All of these will make a soft, moist, tasty .

CHICKEN SANDWICHES (Plain)

slices from the breast of a boiled or steamed chicken can never make soft, succulent sandwiches from roast en). Spread slices of bread with mayonnaise instead of , cover with sliced chicken, covering with a crisp lettuce Top with another slice of bread spread with mayonnaise, here you have a chicken sandwich fit for a king.

3. No, don't dust with salt and pepper, for if the mayon- has been made well, it will contain all the seasoning neces-

CHICKEN AND CELERY SANDWICHES

x together 2 ozs. finely diced chicken, 2 ozs. finely diced of celery, 1 dessertspoonful diced green pepper, 2 ozs. onnaise Sauce. Spread the mixture on 6 slices of buttered , cover with a crisp lettuce leaf, and top with a second slice ttered bread.

CHICKEN CLUB SANDWICH (A Man's Dish)

ast 3 slices of bread lightly, spread with butter, and cover sliced cooked chicken. Spread with mayonnaise, cover a crisp lettuce leaf, and add a second slice of toast. Spread second slice with mayonnaise, cover with grilled bacon and y sliced tomato, and top with the third slice of toast. Cut onally into quarters and garnish with radishes and olives.

CHICKEN LIVER SANDWICH

4 cooked and mashed chicken livers
1 oz. diced crisp bacon
4 spots Tabasco Sauce
juice of ½ lemon
salt and pepper to taste

Mix together and spread between slices of buttered bread.

(*Enough for 4 sandwiches*).

CHICKEN SAUTÉ

Chickens for sauté are generally best steamed first, to ensure perfect tenderness.

Steam a chicken until tender. Cut it into quarters and remove all bones except upper wing and drumstick. Dredge the pieces with flour, season with salt and pepper, and sauté in fat until brown. Dress the pieces on a dish and garnish with tiny new potatoes boiled and rolled in butter and chopped parsley.

CHICKEN, FRIED, SAVOY

Joint 2 small frying chickens, season with salt and pepper, roll in flour, then in beaten eggs, and finally in breadcrumbs. Fry in swimming hot melted butter. When it is done, pour ½ pint Tomato Sauce on a platter, lay the chicken on it, and garnish with asparagus tips mixed with Hollandaise Sauce.

CHICKEN SOUPS

A full range of chicken soups—broths, clear, consommé, cream, etc., will be found in *The Master Book of Soups*, containing over 1,000 recipes for soup.

CHICKEN, FRIED, SOUTHERN STYLE

This is Fried Chicken Maryland, served with cream chicken gravy.

CHICKEN, STEAMED

ickens may be steamed naturally, or by pressure.

is method is used to cook chickens when it is desirable to the shape and preserve the maximum of juices within the Steaming requires a little longer than boiling or stewing, t in the case of a pressure cooker, when the time can be ed to one-third or one-half.

ce 2 pints of water in the lower vessel of the steamer, and to the boil. Place the chicken in the upper section, to- r with 2 split onions, 2 quartered carrots, 6 stalks of celery. n the water boils, place the upper section over the water and from 2 to 2½ hours if a fat hen. Young birds are rarely ed. Watch the level of the water and add more boiling to the pan as it evaporates.

rve the bird with the steamed vegetables, and a little of the r from the lower pan.

CHICKEN, TO STEW

ewing means to cook by simmering in as little water as ble, to retain the flavour and nutritive value in the condensed nt of liquid.

ee the notes on Boiled Chicken).

CHICKEN, STUFFED WITH RAISINS

his is an excellent dish, so easy to prepare.

ak 8 ozs. bread in milk, squeeze out surplus milk, and add qual volume of scalded raisins. Season with a little salt pepper, stuff the chicken with the mixture, and follow the ce given under *Roast Chicken*.

CHICKEN TERRAPIN

12 ozs. diced cooked chicken
½ pint chicken stock
½ pint thick white sauce
1 glassful sherry
buttered hot toast
1 hard-boiled egg

Simmer chicken, covered, in stock for about 10 minutes, then add to white sauce; gradually stir in sherry, add grated egg yolk and simmer 5 minutes. Serve on toast and garnish with diced egg white. Diced parboiled sweetbreads may be substituted for part of chicken and the creamed mixture may be served in timbale or patty shells.

CHICKEN TURNOVERS

Prepare 1 lb. Chicken Croquette mixture, add 1 oz. roasted cashew nuts. Roll out thinly 1 lb. rough puff pastry, and stamp out circles 3 inches in diameter. Into the centre of each circle of pastry, place 1 oz. of the croquette mixture. Wet the edges of each circle of paste with milk or egg and fold over in half-moon shapes, as for a turnover. Brush over with well-beaten egg and bake in oven at 375°F. from 25 to 30 minutes.

CHICKEN TYROLIENNE

Cut a spring chicken in four, lay it in a deep casserole, sprinkle with salt and pepper, add 1 finely minced shallot, 1 dessertspoonful chopped parsley, 1 teaspoonful chopped tarragon, 1 clove, 4 tablespoonfuls olive oil. Let all stand for 1 hour under cover. Then take up the chicken, roll in fresh crumbs, and grill slowly for 20 minutes.

Dress on a dish, with sliced lemon and sprigs of parsley. Serve with Remoulade Sauce.

CHICKEN VALENCIENNE

Salt and pepper a jointed chicken and sauté in hot butter. Dress on a platter with Sauce Suprême, to which have been added some sliced truffle and fried mushrooms. Garnish with heart-shaped pieces of fried bread.

CHICKEN SAUTÉ VIENNOISE

nt a spring chicken, season with salt and pepper, roll in then in beaten egg, and finally in breadcrumbs. Fry in d butter. When it is done, place on a platter, pour cream around it, and garnish with new peas cooked in butter.

CHICKEN VILLEROI

nt a spring chicken, season with salt and pepper, roll in then in beaten egg and fresh breadcrumbs. Fry the en in hot butter to a nice golden yellow and until tender. ke 1 pint Allemande Sauce, add 4 ozs. cooked green peas, one-third on a dish, dress the chicken on top, and serve the nder of the sauce in a boat with it.

CHICKEN VOL-AU-VENT

epare 1 lb. good rich puff pastry, roll out to about ½ inch ckness, and for a family size vol-au-vent for 6 to 8 persons circle or oval 8 inches in diameter. With another cutter nes smaller, make a circle or oval to a depth half the thickness e paste. Allow to stand 20 minutes, brush over with egg, ake at 400°F. from 25 to 30 minutes. Remove the centre, g care of the disc of pastry, as it will be required later for id.

l with Chicken Patty mixture (*which see*) cover with the lid, sh with sprigs of parsley, and serve.

CHICKEN VOL-AU-VENT TOULOUSE

epare the vol-au-vent case as previously described.

ix together, 8 ozs. diced breast of chicken, 4 ozs. sliced d mushrooms, 1 sliced truffle, 6 ozs. diced cooked sweet-d, 1 oz. split pistachio nuts, and 1 pint rich Cream or amel Sauce. Heat all well together. Fill the case with bove mixture, place the lid on carefully, and decorate with ond-shaped pieces of boiled ham and sprigs of parsley.

COOT (*Foulque Morelle*)

The coot is a water bird, about 18 inches in length, sometimes weighing over 2 lbs.

It is not much valued as food to-day, but before the age of canning (which widened our bill of fare), the coot was much sought after, costing at one time from 1s. 6d. to 2s. each.

It has a sooty-black plumage, and a characteristic of the adult bird is a bare white patch or callosity on the forehead. The toes are fringed by a lobed membrane.

It should be skinned, not plucked, as soon as killed. *See Moor Hen* for methods of cooking.

CORMORANT (*Cormoran*)

The adult bird is quite uneatable, having a dark rank flesh. The younger birds are much esteemed by the northern islanders. The cormorant squabs taste rather like hare when roasted, and are delicious when added to a game pie.

In days gone by the Master of the Cormorants was one of the officers of the Royal Household.

The practice of using cormorants for fishing is nearly obsolete in Europe.

CORMORANT, TO ROAST

Cormorants, to roast, must essentially be young birds.

Slit the skin down the back and peel off complete with feathers, chopping off the wings and feet to facilitate the operation. Draw the bird and stuff with a bunch of thyme. Truss, sprinkle with salt and pepper, cover with slices of fat bacon, and roast in a sharp oven from 45 to 50 minutes. Serve with thick gravy and red currant jelly.

NCRAKE or LANDRAIL (*Roi des Cailles*)

e the coot, the corncrake was at one time held in high
, and in the fourteenth and fifteenth centuries it cost
ch as a brace of partridges would fetch to-day.
plumage is of various shades of brown on head and back,
f yellowish-white below.
vas considered in season from the middle of August to
eptember, but to-day it is protected by law.
an be cooked in the same manner as grouse.

CRANE (*Grue*)

s bird at one time realised a higher price than a fat capon.
y, it is no longer sought after; such are the changing
s of English fare. In Saxon times, roast crane was a royal

s best from October to January, and should be hung at
a fortnight to mature.
s a wading bird, resembling the heron.

CRANE, TO ROAST

ast in the same manner as a capercailzie, or a grouse, but
re to hang the bird at least 2 weeks, longer in cold weather.

CURLEW (*Corlieu*)

e curlew is of the snipe family, it being held in high esteem
g the fifteenth and sixteenth centuries, when prices ranged
1s. 6d. to 7s. 6d. per bird. To-day, a curlew would not
1s.
e colour is drab above, mottled with dark brown and white
th. Its beak is long, like that of the snipe, measuring up
inches in length. The body of the bird is slender and
ful, measuring 20 to 24 inches when full grown.

CURLEW, ROAST, PLAIN

Skin the bird, brush it over with melted butter, and season lightly. Stuff the inside with a bunch of thyme, to which tie a bay leaf. Cover the bird with slices of ham fat, and roast with the giblets around it for 30 to 35 minutes.

Make a gravy with the giblets, to which add a little chopped truffle and olive.

CURLEW, ROAST, STUFFED

Prepare 1 lb. chestnut purée, and add 4 ozs. small diced bacon, the liver cooked and chopped, 2 ozs. breadcrumbs, salt and pepper to taste, and bind with 1 egg. Stuff the skinned bird with this forcemeat, cover it with slices of fat ham, and roast as described above.

Serve with a rich brown Sherry Sauce.

CYGNET (*Cygnet*)

Cygnets, to be at their best, should be roasted before Christmas, as after this they deteriorate in tenderness and flavour.

For Cygnet recipes *see Swan*, and notes, on page 237.

DEER

ROE DEER (*Chevreuil*). (*See also Roebuck*)
FALLOW DEER (*Daim*)
RED DEER (*Cerf*)
REINDEER (*Renne*). (*See also Reindeer*)

In English and Scottish kitchens all deer are prepared under the name of Venison.

The liver of the deer is exceptionally good eating, but one must go to the Scottish Highlands to enjoy this delicacy, for it does not travel well.

naturing deer meat, a lot depends upon when and how the s killed. If stalked and shot on very high ground late in y, it is not always easy to get the carcase away the same day, t is left to be collected by mule the following morning. meat will be clammy when skinned. Deer shot and skinned me day are best, for the meat is firm and dry to the touch ill mature well. Young deer should be refused, as it is a of time to cook it.

e haunch and saddle are the only parts worth roasting. rts of the forequarter (except the cutlets), should be stewed de into pies.

e Red Deer produce the Scotch Venison, almost invariably n as—stag and hind venison.

ere is no legal close season. Stag shooting normally s in August and ends on 30 September, although in late g seasons stalking may continue until about 10 October, hinds begin to be shot, and their season closes, usually, end of January.

e Venison for recipes for cooking deer).

DOVE (*Colombe*)

e dove is a small species of pigeon. Only the wild dove ten for food. In England, tame doves, being pets, are ly given a special corner of the garden when their cooing s, and the soil is moistened with a few tears. (*But see notes geons*).

recipes given for preparing pigeons are suitable for doves.

DUCK (*Canard*)

is universal favourite requires no praise, if only you will e young farmyard ducks fattened at liberty but cleansed ing shut up 2 or 3 days before killing and fed only on barley and water.

Of all the ducks available to us in this country, there is none to surpass the white Aylesbury, which are at perfection from December to March.

The best of the imported ducks are the famous Long Island variety. There, duck farming is carried on very extensively, the birds being very carefully tended.

(*See also Ducklings and Wild Duck*).

To Carve a Duck

Turn the bird so that the head is pointing towards you, cut through the crackling skin at the point where the left leg fastens to the body, and with the use of a carving secateur or scissors, cut through the ball joint, thus separating the leg. This will leave you free to cut the meat from the breast, by starting from the outer edge and working towards the middle of the bird, cutting the meat in thin, long slivers along the bone. Having cut off the meat from the one side, repeat the process for the right side, which may be made easier by turning the bird round so that the rump points towards you.

To Choose a Duck

The general tests for age and condition, given under the heading of Chicken, apply in buying ducks. An additional test for age is found in the windpipe, which can be easily squeezed and moved in a young bird, but is fixed and stiff in old birds. Young ducks usually have yellow feet and bills, which become darker and reddish in colour as the birds become older. The feet should be moist, soft and pliable. If killed some time, the feet become dry and stiff. Two young ducks are better than one large handsome drake.

DUCK À L'ALSACIENNE

Braise a duck as described under that heading. Cut it into neat pieces and arrange in a circle around the dish. Heap sauerkraut in the centre and serve a boat of rich giblet gravy separately.

DUCK À L'AMÉRICAINE

t the duck down the middle and brush over with French
d reduced with Worcestershire Sauce, sprinkle melted
over this sauce, and cook the duck under a moderate grill,
g occasionally and adding more butter if required.
e with 1 pint Espagnole Sauce reduced with 1 glassful
te wine, 1 dessertspoonful of lemon juice, and lastly add
mushrooms sautéed.

DUCK À L'ANGLAISE

he duck is filled with a simple sage and onion stuffing and
with Apple Sauce and rich brown gravy.

DUCK, BOILED

are the ducks as for braising, place them into a pan and
n sufficient boiling milk to a depth of one-third, cover
and leave for at least 3 hours.
up with cold water and bring slowly to the boil, and cook
ender. Drain off the liquor and reduce by rapid boiling,
e an onion sauce. Cut the duck into neat pieces, cover
ne sauce and serve.

DUCK À LA BORDELAISE

are a stuffing by soaking 6 ozs. breadcrumbs in ½ pint
ilk, together with the chopped liver of the bird, 2 ozs.
d olives, 2 ozs. chopped mushrooms, 1 crushed clove of
1 dessertspoonful chopped parsley, salt and pepper to
nd 1 egg to bind. Stuff the bird in the usual manner and
teadily. Serve with rich giblet gravy.

DUCK À LA BOURGEOISE

se the duck (*see over*) with browned button onions.
with thick Espagnole Sauce reduced with red wine.

DUCK, BRAISED

Having trussed the bird as for roasting, sprinkle it light with salt and pepper. Pour 4 ozs. clarified butter in a deep pa and brown the duck on all sides, add ½ pint stock, 12 butto onions or 4 ozs. sliced onions, 6 young turnips and a bouquet o sweet herbs, cover tightly and cook gently in the oven until qui tender, which should be in about 50 minutes, or longer if an o bird. Take up the bird and drain free from grease and arran the button onions and turnips around it. Serve with your green peas and giblet gravy.

DUCK, BROILED

Clean and singe the duck, split down the back and press th bird out flat. Brush over with oil or clarified butter, sprink with salt and pepper. Place skin side down on a greased gri and broil in a pre-heated broiler 25 to 30 minutes, turnin occasionally during the cooking process. Remove to a platte and spread with Lemon Butter.

DUCK WITH CHAMPAGNE

Braise the duck as described under that heading. Strain o all fat, swill the pan with champagne until nice and hot, and pou over the bird.

DUCK CHESTNUT

Cut the duck into serving portions, cover with veal stock o water, and simmer for 1 hour (the stock should only just cove the bird).

Boil 1 lb. chestnuts for 10 minutes and peel. To the chestnut add 2 ozs. sliced mushrooms, 2 ozs. soy sauce, and a little salt an pepper. Add this mixture to the duck, cook 20 minutes longe and serve.

DUCK, BRAISED, WITH CHESTNUTS

1 lb. chestnuts for 20 minutes, skin and chop finely, add ced cooked onion, a little salt and pepper, and bind all er with 1 egg. Use this mixture for stuffing the bird, and as described under that heading.

DUCK IN CREAM

n duck and cut into serving portions. Dredge with salt, and flour. Brown in 4 ozs. clarified butter, sprinkle with poonful chopped thyme, add ½ pint cream and simmer ender in a closely covered pan, in a moderate oven.

DUCK À LA CRÉOLE

t 2 ozs. butter in a pan, add 2 ozs. flour, and stir in 2 ozs. ed lean ham. Add 1 oz. minced onion, 2 ozs. chopped 1 tablespoonful chopped parsley, and slowly combine good stock, stirring constantly till thick and creamy. an to the side and simmer for 45 minutes.

in the sauce, and stir in 1 lb. diced cooked duck and 4 ozs. cooked mushrooms.

DUCK À LA DIABLE

up a roast duck and brush it over with Sauce Diable and butter, heat under the grill, sprinkle with cayenne r, and serve.

DUCK À LA FRANÇAISE

ceed as for Braised Duck with Chestnuts. Cut up the nd serve with Port Wine Sauce.

FRICASSÉE OF DUCK

the duck into serving portions. Dredge with salt, pepper our. Brown in 4 ozs. clarified butter with 1 minced onion bay leaf. Cover with stock or water and simmer until in a closely covered pan.

té 2 ozs. mushrooms and add to duck 10 minutes before g is completed.

DUCK WITH GREEN PEAS

For ordinary occasions, stuffing will seem out of place with a young duck. It should be served plain roasted, with plain giblet gravy and young green peas. (*See Duckling, Roast*).

The peas should be lightly boiled, drained, and just enough clarified butter added to lubricate them without leaving a greasy sediment.

(*See also Duck aux Petits Pois*).

DUCK, HASHED

Divide left-over duck into neat pieces. Mince 1 onion finely and fry it in 1 oz. butter, add 1 oz. flour, stir until brown, then slowly pour in ¾ pint stock, stirring until it thickens.

Cut the rind of an orange into very thin strips and add it, together with the juice, to the sauce. Add the pieces of duck, 1 glass of claret, simmer gently for 20 minutes, taste for seasoning, and serve.

DUCK À L'IRLANDAISE

Same as Française, but sprinkle with diced ham sautéed.

DUCK À L'ITALIENNE

Cut up the duck into neat serving portions and brown in olive oil with 2 ozs. chopped chives, 1 dessertspoonful mixed chopped parsley and sage. When nicely browned, cover with Italian Sauce, cover tightly, and finish cooking in the oven until tender.

DUCK À LA LYONNAISE

Braise the duck as described under that heading, cut up into neat portions, and garnish with braised onions and chestnuts cooked for 15 minutes in clear stock. Serve with plain brown gravy.

(*See also Duck à la Provençale*, which is sometimes designated à la Lyonnaise).

DUCK À LA MACEDOINE

se the ducks as described under that heading, cut them up
eat portions, and arrange them in the centre of a dish.
ange alternate groups of peas, young carrots, asparagus
and French beans around the dish, as they happen to be
son. Serve with Sauce Allemande.

DUCK, MARINATED

a duck into neat serving pieces and place them in a deep
casserole. Sprinkle with salt and pepper and add the
ing :
ozs. chopped onions, 2 sprigs thyme, 1 sprig parsley,
bay leaf, 2 eggcupsful of brandy and the same of claret.
closely, and allow to stand 4 hours.
e up the duck, drain well, and brown in olive oil, add the
n which the bird was soaked, together with 1 crushed clove
lic, 4 ozs. diced cooked ham, 4 ozs. small mushrooms,
mmer gently for 1¼ hours or until tender.

DUCK À LA MENTHE

st the duck in the usual manner, cut into neat portions
rrange on a dish. Prepare 1 pint giblet gravy and add 1
tspoonful chopped mint, pour over the duck and serve.
unch of mint may be cooked inside the bird if preferred,
e added flavour.

DUCK À LA MODE

t the ducks into quarters, heat some butter in a pan, and
e pieces a nice golden brown, pour off all the fat, and sprinkle
over the duck and toss well.
l and slice 2 small onions and add these to the duck,
her with 1 sprig thyme, 1 sprig parsley, 1 sprig sage, ½ pint
tock or gravy, 1 glass red wine, 2 fillets of anchovy ; cover
y, and let all simmer on the stove or in the oven for 20 to
inutes.

If you have gauged the flour correctly, the sauce should cling nicely to the duck when serving, but be sure to toss well when adding the flour, to allow it to absorb all the surplus fat, or the sauce will be lumpy.

DUCK BRAISED WITH MUSHROOMS

Wash duck and dry thoroughly; sprinkle with seasoning and brown in clarified butter or bacon fat in a large heavy pan; add 1½ pints boiling water, 2 cloves, 1 sliced onion, 2 sprigs parsley, 1 bay leaf, cover tightly, and simmer very gently 1 to 1¼ hours according to size and age of the bird, until almost tender.

Meanwhile, sauté ½ lb. sliced mushrooms in butter for 5 minutes, stir in 2 ozs. flour and gradually add the stock from the duck, stirring constantly till thick and creamy; pour back over the duck and cook covered a further 10 minutes.

Dish up the duck, pour the sauce over it, and serve.

DUCK À LA NIVELLE

Have the duck boned by the poulterer, or if experienced enough, bone it yourself by the usual method of slitting it down the back first.

Prepare a forcemeat of equal quantities of beef sausagemeat and minced ham, spread this mixture over the inside of the duck, roll it up tightly, fasten with string, and braise as described under that heading. When cooked, take up the duck, cut it into slices about ¼ inch thick, and sauce over with Espagnole Sauce.

DUCK À LA NIVERNAISE

This is a duck cut up into neat serving portions and braised as described under that heading, with the exception that no onions are used, but these are replaced with plenty of young turnips and all coated with Demi-glace Sauce.

DUCK AUX OLIVES FARCIES

t up a duck in neat portions, brown in hot butter, and finish
ng in a casserole, in rich brown sauce, for 45 to 55 minutes,
tender. Just before the bird is fully cooked, add 3 ozs.
d olives to each bird in the pot, and when fully cooked
to the table in the casserole in which it was cooked.
e brown sauce should be made from the neck, giblets and
f the bird, by first browning them well in the oven and then
ng for 1 hour in rich stock, thickened with brown roux.

DUCK À L'OLIVIA

aise the duck as previously described, and cut long slices
the breast, laying them neatly around an oval dish.
epare a rich tomato sauce from the gravy in the braising pan,
mask the slices well with this sauce. Fill the centre of the
with quartered apples stewed in orange juice (which are best
ed in the oven to retain their shape).

ORANGE DUCK

ut the duck into neat serving portions, and cover with boiling
k or water. Add the chopped or grated peel of 5 large
ges and simmer for 1 hour. Add 5 ozs. button mushrooms,
le salt and pepper, and 2 teaspoonsful of soy sauce. Cook
o 20 minutes longer, or until quite tender, arrange all on a
, with neat orange slices all around.

DUCK WITH ORANGE JUICE

repare the duck as for roasting, sprinkle with salt and pepper.
nto a deep pan place 1 large sliced carrot, 1 cut up stalk of
ry, 1 sliced onion, lay the duck on top, and pour in 1 pint
ing stock or water. Cover tightly and cook in a moderate
n 1¼ to 1½ hours, according to size and age of the bird.

When cooked, take up the bird and keep hot; strain all the liquid from the pan and remove all grease, add the juice of 2 oranges, 1 teaspoonful lemon juice and 2 tablespoonsful red currant jelly, together with 1 oz. flour mixed with a little water to form a thickener. Cook well, stirring constantly until thickened. Meanwhile, cut the orange rinds into thin strips, add to sauce, and cook a further 5 minutes.

Arrange the duck on a dish, pour the sauce over it, and decorate the edges with orange slices.

DUCK AUX PETITS POIS

Prepare the duck as for roasting, heat some bacon fat in a pan, and brown the bird well on all sides.

Into a deep casserole put a pint or more of freshly shelled young green peas, a quartered head of lettuce, 6 small spring onions and 2 ozs. fat home-cured ham. Place the duck on top of these, and add ½ pint veal stock or water. Cover tightly with greaseproof paper and a lid, and simmer gently in the oven for 45 to 50 minutes, according to the age and size of the bird. Take up the bird when cooked enough, cut it into neat portions, return it to the casserole, and send to table.

The lettuce may be removed if desired, it merely being used to give off its moisture during the cooking process. (*See also Duck with Green Peas*).

PINEAPPLE DUCK

Cut duck into neat serving portions, brown lightly in bacon fat and transfer the pieces to a deep casserole; cover with stock or water and simmer until nearly tender, which will be in about 1 hour. Add a sprinkling of salt and pepper, together with 1 small can diced pineapple and its syrup, and 1 teaspoonful soy sauce. Cook 20 to 30 minutes longer, and serve.

If the pineapple and juice be well heated before adding, 10 to 15 minutes further cooking will be long enough.

DUCK À LA PORTO

Duck with Champagne—proceed upon those lines, swilling raising pan with port wine and using this as a gravy when g the bird.

DUCK CUTLETS PORTUGAISE

ip the meat from the carcases of any left-over ducks and the meat through the mincer (fine plate), three times. n the meat with a little salt and pepper, and to every 8 ozs. 2-finger pinch of chopped sage. Bind well together with all egg. Shape into cutlets, dip in well-beaten egg and crumbs, and fry in deep fat. Serve with small glazed s and Tomato Sauce.

DUCK À LA PRESSE

his is a favourite method of serving duck in France.
he duck is roasted in the usual manner, the wings and breast s are removed, and the remainder of the carcase is put in a and all the juice thus obtained is blended with the chopped of the bird and Port Wine Sauce ; this is then strained over vings and breast fillets, and there you have duck at its best.

DUCK À LA PROVENÇALE

raise the duck as previously described, and when dished garnish with the following :
ice 6 onions and sauté them in olive oil to a light golden vn. When done, drain them free from oil and turn them a saucepan with the juice of a lemon, a little salt and pepper, a teaspoonful of glaze or meat extract, and set on a slow fire immer gently for 10 to 15 minutes. Lastly, add ½ pint agnole Sauce, boil the whole together, pour it over the por- s of duck, and serve.

DUCK À LA PURÉE VERTE

Proceed on the same lines as described for *Duck aux Petits Pois*. When the bird is sufficiently cooked, it is cut into neat serving portions and placed on a dish. The peas and lettuce, etc., from the casserole, are all forced through a fine strainer or sieve, to form a sauce, and if a little too thin it is reduced by boiling to the consistency of thick cream. The duck is served with the purée poured over it.

RAGOUT OF DUCK (Stewed Duck)

First cut the duck into neat serving portions. In a deep casserole (suitable for sending to table), heat some butter, add the pieces of duck previously dipped in flour, and fry gently to a nice golden brown; add 1 pint of good seasoned stock, 2 sprigs of parsley, 6 spring onions, 1 oz. redcurrant jelly, 1 dessertspoonful lemon juice. Cover tightly, and simmer for 45 minutes, then add ½ pint shelled green peas, cover again, and finish cooking until tender. Send to table in the casserole.

DUCK À LA RÉFORME

Cut up the duck into neat serving portions and brown lightly in heated butter or bacon fat; transfer the pieces to a casserole and cover with Espagnole Sauce to which add 2 ozs. port wine and 2 ozs. bramble jelly. Cover tightly, and cook in the oven till tender.

Serve with freshly cooked buttered young green peas.

DUCK, TO ROAST (I)

Several methods are given for roasting this perfect ending for an outdoor day, and it is hoped from these you will be able to choose a method to suit your own particular taste, for no one method will suit everybody.

ge, clean, and wash a duck and fill it with chopped apples
l with raisins, at the rate of 1 lb. apples to 2 ozs. raisins.
ng filled the bird, truss it well, rub with garlic and sprinkle
salt and pepper.

ce in a roasting pan and cook uncovered in the oven, first
o°F. for the first 10 minutes, and then reduced to 375°F.
e rest of the time, allowing 15 to 20 minutes per lb. Baste
15 minutes, using orange juice if the flavour is liked;
wise baste with the fat from the bird. Serve with giblet
and cranberry or bramble jelly.

DUCK, TO ROAST (II)

nge, clean and wash the bird. Sprinkle the inside with
nd fill with sage and onion stuffing (*which see*). Truss the
well and sprinkle with salt and pepper. Place the bird in a
ing pan, breast side up, and roast uncovered in the oven,
at 400°F. during commencement of roasting, reducing to
F. during the remaining period, allowing 15 to 20 minutes
b. according to age and size of the bird.

the bird is extra fat, or if its richness is too much for some,
ps of water should be thrown in the roasting pan, and the
should be kept basted with this every 15 minutes.

ake up the duck, garnish well with watercress, and make a
y from the swillings from the pan and the duck giblets.

DUCK, TO ROAST (III)

hoose a duck not too fat, singe, clean and wash the bird,
kle the inside with salt and pepper, and stuff with a large
ch of fresh sage. Truss the bird and sprinkle it all over with
and pepper.

ace the bird in a roasting pan, together with the giblets
½ pint water, the rind and juice of 2 oranges and the juice
lemon. Heat the oven to 400°F. and cook the bird for 10
utes at this temperature, reducing to 375°F. for the remainder

of the cooking time, which will be 15 to 20 minutes per lb., depending on the age and size of the bird, basting frequently.

Take up the bird, pour off the fat from the baking pan, blend a little flour with half of the fat, and return this to the pan to thicken the gravy. Strain the gravy and pour over the bird.

DUCK, TO ROAST (IV)

Singe, clean and wash the bird, sprinkle the inside with salt and pepper. Quarter sufficient young turnips to fill the inside, and mix these with 2 ozs. scalded raisins to each 1 lb. prepared turnips. Truss the bird and place it in a roasting pan, breast side up.

Into 1 pint water dissolve 4 ozs. bramble jelly and pour this over the bird. Heat the oven to 400°F. and cook the bird at this temperature for the first 10 minutes, after which it should be cooked at 375°F. for 15 to 20 minutes for each 1 lb. Baste every 15 minutes with the liquid.

When cooked, remove the bird to a dish, drain off the fat, mix half with flour, and return it to the pan to thicken the gravy. Stir till thickened, strain, and pour over the bird.

DUCK À LA ROUENNAISE

For this dish the duck is roasted " rare". It is cut up and served masked with the following sauce :

Sauté 2 ozs. minced onion in a little hot butter, add 1 oz. flour, and stir well, swill the roasting pan out with 1 pint good stock, and add this to the onion mixture, stirring constantly and well till thickened. Now add the finely minced cooked liver of the bird and allow all to simmer for 15 minutes.

Cut off the wings and breast fillets of the bird and lay these on a dish, putting the remainder in a press to extract all the juices ; add this juice to the sauce, re-boil, strain, and pour over the portions of the duck on the dish.

DUCK À LA SAINT-MANDÉ

ise the duck as described under that heading, cut it into erving portions, and arrange in the centre of an oval dish. each portion with rich Madère Sauce and decorate the of the dish with $\frac{1}{4}$-inch slices of cucumber, slightly fried in , alternating with slices of fried bread.

DUCK SALAD

ne like the duck meat diced, but for myself I prefer it cut wing portions and breast fillets.

ie a salad bowl with crisp leaves of lettuce, next add a ring tercress and next a ring of sliced oranges ; repeat this until iiddle is reached, which should hold the tiny hearts of the e used. Mix 3 tablespoonsful of orange juice with a little ard, pepper and salt, and blend with 2 tablespoonsful of oil. Use this mixture to dress the salad. Lay the portions ick tastefully on top, decorate the edges of the bowl with orange slices, and serve at once.

SALMI OF DUCK (Using Left-over Duck)

ve ready 1 pint Espagnole Sauce, to which add 2 ozs. sliced d olives, 2 ozs. onion rings sautéed in butter, and 6 or 8 ons of cold, left-over duck. Heat all almost to boiling point, n no account allow to boil, or the duck will be tough. Hold out 190°F. at the side of the stove for $\frac{1}{2}$ hour, when it will ady to serve.

you wish to make your sauce from the carcases of the s, then proceed as follows :

eak up the carcases of the ducks and place in a pan with any ts, feet and duck gravy at hand, cover with cold water and ner gently for at least 1 hour. Melt $1\frac{1}{2}$ ozs. duck fat in a adding 1 oz. flour, stir and cook till a russet brown, then ly add 1 pint of the duck stock, stirring constantly and till thickened, then proceed as outlined above.

DUCK À LA SEVILLE

To be correct true Seville oranges should be used, for there is something about the Seville orange which is not to be found in any other.

Roast the duck and send to the table with this sauce :

Thicken ¾ pint giblet gravy with arrowroot, stir in the juice of 2 oranges, 1 dessertspoonful of lemon juice, 1 dessertspoonful Chablis, and garnish with the finely peeled skin of the oranges cut into shreds, after blanching for a few minutes in boiling water. Send to the table with Seville orange salad.

DUCK, STEAMED

For those who prefer their duck not so rich, try this method of cooking it.

Into a stewpan place 1 large sliced carrot, 1 sliced onion, 1 sliced heart of celery, 2 cloves, 1 bay leaf, 2 sprigs sage, 1 sprig thyme, and 1 pint clear stock, salt and pepper to taste. Lay the bird on the vegetables, cover tightly and let it steam for 1½ to 1¾ hours very steadily. When tender, take up the bird, cut it into neat serving portions and keep hot.

Make a purée of the vegetables by passing them through a wire sieve, using the back of a spoon to force them through. If not thick enough, bring to the boil and thicken with a little flour. Mask the pieces of duck with this purée, and all your fads and fancies about duck being too rich will disappear.

DUCK BRAISED WITH TURNIPS

Braise the duck as described under that heading. While the bird is cooking, prepare some diced turnip cooked in slightly salted water until just tender but not broken, drain and toss gently in butter.

Prepare a sherry flavoured sauce, using the liquid from the braising pan. (*See Sherry Sauce for Duck*).

Cut up the bird, arrange it in the centre of the dish, enclosed in a circle of the buttered diced turnip, pour the Sherry Sauce over the duck, and serve. (*See also Duck à la Nivernaise*).

DUCK À LA VALENCIENNE

Duck à la Seville, using Valencia oranges for sauce and

DUCK À LA VERJUS

a duck into neat portions and brown in heated butter, e to a deep casserole, cover with Port Wine Sauce, and er gently in the oven till nearly tender. Just before the s fully cooked, add 1 lb. blanched green grapes, finish ng, and serve with redcurrant jelly.

DUCKLINGS (*Canetons*)

cklings are in season from March to September, and offer a nt variety in our daily fare when the young green peas are , although with modern refrigeration excellent frosted peas vailable as soon as the ducklings can oblige.

ere is little on a duckling, but there is nothing to equal rackling of a young bird, or the tang of the sage and onion ng, if made from freshly gathered sage, and used with birds n are over five months of age. If used when the birds are r 5 months it is too overpowering for their delicate flavour. vo young ducklings make a better dish than a large, hand- , hard-fleshed drake, which as a rule is only fit for the role.

recipes given for preparing ducks are suitable for ducklings *Ducks, above*).

DUCKLING À LA BIGARADE

lit the prepared ducklings down the back and press them s flat as possible. Season lightly, and roast for 15 minutes a little melted butter. Take the birds out of the oven 15 minutes and finish cooking under the grill. Cut into servings, dress on a platter in a circle, and serve Bigarade e with them.

DUCKLING, BRAISED

Truss the bird and brown well in clarified butter on all sides. Add a handful of button onions, a sprinkling of pepper and salt, and a bouquet of sweet herbs. Cover tightly, and cook gently in the oven until the duckling is tender, which should be in 30 to 35 minutes. A few young turnips cooked with the duckling will be found very acceptable. Serve with buttered peas and young carrots.

DUCKLING À LA CAMBACÉRÈS

Into a braising pan toss 2 ozs. diced bacon, 2 ozs. sliced carrot, 2 ozs. sliced onion, 2 ozs. butter, a bouquet of herbs, salt and pepper to taste. Fry to a light brown, add the duckling, and cook till the duckling is a light brown all over. Cover tightly and cook in the oven 15 minutes. Take up the duckling, cut it into neat joints and put back into the pan, together with ½ pint Tomato Sauce, and simmer a further 20 minutes.

While the duckling is simmering, sauté a cooked beetroot, cut julienne style. Take up the duckling, strain the sauce over it, and surround the dish with beetroot.

DUCKLING DUCLAIR

Prepare a forcemeat by finely mincing the liver and heart, with 2 ozs. minced shallot, 1 teaspoonful chopped parsley, and seasoning to taste. Roast the duckling stuffed with this forcemeat. When done, cut into neat joints and serve with ½ pint Demi-glace Sauce reduced with 1 glass of claret, the juice of ½ orange, and a little chopped chives.

DUCKLING FRUIT SALAD

An ideal way of using the left-over duckling.

Mix together ½ lb. diced cooked duckling, 4 oranges and 1 grapefruit cut into sections and free from pips and pith, 2 eggcupsful of French Dressing. Chill, and serve on crisp lettuce leaves.

DUCKLING À LA LAMBERT (Cold)

ıe the duckling and spread with foie gras and truffles. ıp securely and fasten with string. Braise very gently and ol and well set overnight. Cut into slices, coat with brown d-froid Sauce, decorate with diamond shapes of truffle and boiled white of egg, mask with aspic, and when set serve isp lettuce leaves.

DUCKLING À LA LORRAINE (Cold)

ead cold fillets of duckling with purée de foie gras and with some brown Chaud-froid Sauce, decorate with truffle laze with a little aspic jelly. Serve on crisp lettuce leaves sliced ham.

DUCKLING À LA MACEDOINE

pare the ducklings as for Bigarade. Having cut the birds ieat pieces, dish them up in a close circle with a croûton of bread between each fillet. Fill the centre with a macedoine getables, pour some rich giblet gravy round the base, and

DUCKLING À LA MADRID (Cold)

ise the duckling and when cold cut into neat fillets. Prepare rseradish Mayonnaise and mask the fillets with this sauce. the fillets on a bed of sliced tomatoes and garnish with ped aspic jelly.

DUCKLING AUX NAVETS

aise the duckling as previously described. While this is ng, sauté some young turnips in butter, sprinkle with and brown under the grill. Cut the duckling into neat , garnish with the glazed turnips, and cover all with the reduced liquor from the braising.

me prefer to cook the young turnips with the duckling way during the braising process, and this combination of urs is most agreeable.

DUCKLING NIVERNAISE

Here the duckling is first half roasted, then cut up into n fillets, and finished cooking by braising with young turni The fillets are dressed in the middle of the dish and the turni are glazed with a little sugar under the grill, and dressed arou the bird. The whole is covered with the well reduced braisi liquor, free from all grease.

DUCKLING WITH PIQUANTE SAUCE

Cut the duckling into neat portions, simmer in a small amou of water until tender, with a little salt and pepper. Drain t pieces well and sauté with a minced onion in a little butter un brown. Reduce the stock in which the duck was simmered ½ pint by rapid boiling, add 1½ ozs. peanut butter previous well creamed together with 1 oz. flour and stir constantly t thick and creamy. Add a flick of cayenne pepper and choppe parsley.

Serve the duckling on a hot platter covered with the sauc

DUCKLING À LA PRESSE

Roast the duckling and carve the fillets into neat slices, keepin them hot. Chop up the carcase and put it in a press to extrac all the juices, add 1 glass of red wine and 1 glass brandy, togethe with the finely minced cooked liver of the bird. Pour this liquo over the fillets and serve very hot without letting it boil.

DUCKLING, ROAST (I)

Pluck, draw and singe the bird, carefully wash the liver an heart, and put these back inside the bird. Truss the bird firmly and sprinkle all over lightly with pepper and salt.

Melt some dripping in a baking pan and put in the bird Roast for about 35 to 40 minutes, depending on the size and ag of the bird, and the heat of the oven, which should be hot t begin with then slightly lowered. Remove the bird to a dish, pour off the fat from the baking pan, add about ½ pint stock

little pepper and salt, to form a gravy. Strain the gravy
ne bird and garnish well with watercress.
le Sauce may be served with it.

DUCKLING, ROAST (II)

inkle the plucked, drawn and singed bird with a little salt
and out. Place a split onion inside and rub the bird all
vith sweet oil. Place the bird in a baking pan and roast
e-heated oven 425°F. for the first 20 minutes, then reduce
at to 375°F. and continue roasting until tender, basting
ninute intervals. Allow 20 minutes per pound for roasting
A duckling, when drawn, will weigh about 2 lbs., so that
otal roasting time should be no more than 35 to 40 minutes.
ve onion before serving.
ne prefer to baste a young duckling with orange juice during
oking process, and instead of placing a slit onion inside,
apples are used.

DUCKLING À LA ROUENNAISE

o a braising pan place 4 ozs. diced bacon, 1 sliced carrot,
ed onion, a faggot of parsley. Lay the duckling on this,
over with a large slice of fat ham, moisten with 1 pint white
cover well with buttered paper, and set all to braise for
inutes.
ile the bird is braising, shape up a bunch of young turnips,
auté these in butter with a teaspoonful of sugar till a light
, transfer them to a stewpan containing 1 pint Espagnole
, and continue cooking them until tender.
the duckling into neat fillets and place in the centre of a
pour sauce and turnips over them, and serve with slices of
d streaky bacon around the dish.

DUCKLING À LA SAINT-MANDÉ

Braise the duckling as previously described and from t braising liquor make a rich Madère Sauce. Cut up the duckl set in the Madère Sauce and re-heat to almost boiling po Garnish the dish with thick slices of cucumber fried gently clarified butter.

DUCKLING, STEWED, WITH OLIVES

Prepare the duckling as described for Rouennaise, but inst of using turnips, heat some large stoned Spanish olives in Espagnole Sauce, preferably made from the braising liqu Dish up as previously described, but this time garnish w rolled streaky bacon crisped under a hot grill.

DUCKLING, STEWED OR BRAISED, WITH PEAS

Prepare as directed for Duckling à la Rouennaise. Co 1 pint fresh green peas, strain and mix with rich Espagnole Sau made from the braising liquor. Pour half the peas on the dis place the neatly cut fillets on this, cover with the remaining pe and serve.

DUCKLING, STUFFED

Sage should not come near a duckling under 5 months of ag but should be reserved for older birds. While the followi stuffing may take a little longer to prepare, it will be well wor the trouble :

Parboil 1 chicken liver with the liver from the duckling a mince finely. Place the minced liver in a bowl and add 1 sma shallot minced, a three-finger pinch of chopped parsley, t same of thyme, 2 ozs. fresh breadcrumbs, and a sprinkling salt, pepper and ground nutmeg. Bind all together with 1 eg

Stuff the bird and roast for 40 to 45 minutes. Serve wi rich giblet gravy and garnish with orange quarters.

DUCKLING À LA VALENCIENNE

is a plain roasted duckling, cut into neat joints, dressed ish, and garnished with slices of orange free from all pips th, and served with orange sauce.

DUCKLING À LA VERJUS

the duckling into neat pieces and sauté till a golden brown. fer the pieces of duckling to a stewpan and cook in Demi-Sauce till almost tender. At this stage, add ½ pint blanched grapes and 2 tablespoonsful of redcurrant jelly, and e cooking until tender.

IG-BIRD, FIG-EATER, FIG-PECKER
(*Bec-Figues, Beguinette*)

lat-Savarin put the fig-pecker first among small birds, has always moved gastronomes to rhapsody.

se birds are seldom seen in England or Scotland to-day, y prefer the southern climates, where they feed on figs and . Occasionally they are imported in small quantities, they are soon snapped up.

recipes given for ortolans or plovers are suitable for pre- this little morsel, which is best wrapped in a vine leaf roasting, to hold its delicate flavour.

FIG-PECKER BROCHETTE

not draw the birds, brush them over with melted butter et them on a skewer, alternate with rolled slices of mild d bacon and grill sharply on all sides for 20 to 24 minutes. nd the birds round on the skewer. The gastonome will ne of these dainty morsels, the uninitiated will ask for two oil the flavour of the first.

FIG-PECKER EN CAISSES

Place a small round of toast in each paper case and stand bird in this, brush it over with melted butter, cover with a leaf, and bake in a sharp oven for about 20 minutes. Take the vine leaf and cover the bird with rich truffle sauce, and se

FIG-PECKER LUCULLUS

Choose large truffles, a little larger than the birds to be cook cut off one end of each truffle and carefully scoop out all inside. Into these truffle shells slip the fig-peckers, and lay th in a casserole. Cover all with madeira wine and cook in a v sharp oven. When done, pour off the liquor and reduce by ra boiling to a glaze, slip off the truffle covers, glaze the bir replace covers and serve with a knowing smile.

FIG-PECKER MARIANNE

Butter a casserole, lay the undrawn birds inside, brush th with melted butter, sprinkle well with chopped truffle, cover w vine leaves, and bake for about 20 minutes. Take up and gla and serve on a layer of spinach.

FIG-PECKER, TO ROAST

Pluck, cut off the head well down the neck and remove t crop, but do not draw the birds. Dip each bird in melted butt and place a small bay leaf in the neck of each, cover with a fre vine leaf and wrap completely in a very thin slice of fat baco Fasten the birds on long skewers, by passing these through o side and out the other, and roast them in front of a hickory l fire for about 20 to 25 minutes. Baste the birds continuous after the first 5 minutes, being careful to place toast under the to catch the drippings from the trails. When cooked, remo bacon, vine and bay leaves, brush over with glaze and serve toast garnished with fresh cut watercress.

(*Allow one bird per perso*

FIG-PECKER, ROTHSCHILD

the banquets and ball which were, and, who knows, may seen again. This recipe is given in that hope, that it gain delight the gastronome, while bringing exclamations ight from the not-so-wise debutante at her first ball.

t roast the fig-peckers, one for each person, and let get cold. ready some large truffles, each cut in two and the centres t. Place the fig-pecker in the half shell and fill up with good y aspic jelly ; when set, sprinkle with a little broken gold eplace the cover, and glaze the truffle, setting each in a case.

GAME AND MEAT PIES

e basic idea of the covered pie is of very old standing, was the very early method of preservation of foods by ing them with a paste or dough to exclude air, in the same er as a layer of fat on liquids will lengthen their keeping ies. Thus, sheets of plain dough were laid over meats and foods to exclude air, in very early times.

some instances the paste or dough must have absorbed the ising to the top of the vessels of food, so that when the were baked with the unleavened dough upon them, the was found to be agreeable and palatable, according to the unt of fat the dough had absorbed.

ft-over meats, poultry and game, will therefore keep much er if baked under a crust as a pie, and, of course, the richer rust the more palatable and agreeable the whole will become.

ecipes for various pies will be found under their respective ings, but for a mixed game pie, *see over*.

GAME PIE

All manner of left-over game can be used in this tasty dis

Cut left-over game into neat serving pieces (the bigger variety, the better the pie). Hare, game birds, a lark or two, will help make a delicious mingling of flavours.

Place the pieces all in a bowl and for each 2 lbs. of game 4 ozs. diced cooked ham, 1 oz. split pistachio nuts, 1 dess spoonful chopped parsley, 1 teaspoonful chopped thyme, and pepper to taste, and 1 pint good game stock. Mix all ingredients well, and pack them in a pie-dish. Cover with r puff pastry, brush over with egg, and bake at 400°F. for minutes, then at 350°F. for 35 minutes.

GOLDEN PLOVER

(*See Plover*)

GOOSE (*Oie*), GOSLING (*Oison*)

The male bird, when adult, is a gander, but in the kitch male and female birds are both called a goose when over 6 month old. Goslings, or green geese, are birds not exceeding 6 month in age. The term " green geese " is hardly used nowadays, th young birds being generally referred to as goslings.

Goslings are best from July to the end of August, and the delicate flavour should not be spoilt with sage and onion stuffin Fresh Gooseberry Sauce or a tart orange salad should be the only accompaniment, other than a fresh crisp green salad.

Geese are at their best from September to February. The can live to a great age, but are not much use for the table whe more than one year old.

Goose-fat is highly regarded by many races. In Germany it is largely eaten in place of butter. Some people, however avoid goose meat, fearing it to be too greasy, and not easy d digestion. This prejudice finds its chief basis in poor cookery.

To Carve

e like to carve the bird from the neck down to the breast, prefer the neck pointing towards them, cutting from the up to the neck. If you are an amateur who only carves e say, twice a year, when the bird comes before you for ess' sake don't have a pile of plates to reach over. Have rd nearest to you, and the plates where the roast is tradi- y placed. Next, turn the bird with the neck pointing ls you, stick the fork firmly in the middle of the breast, and well sharpened knife start from the edge nearest the left g and cut long thin slices, working up to the breast bone. sufficient slices are cut, make an incision in the apron rve some forcemeat with each portion of the goose.

arge number of slices may be cut off the breast, the legs ing too popular, but the carver should consult the guests serving, to ascertain their likes and dislikes, for stuffing— ffing ; leg meat—no leg meat.

e amateur carver must be warned not to try carving one n, then digging in for the stuffing one helping at a time. all the meat required first, then take out that securely ed fork and begin operation stuffing.

avy and Apple Sauce will, of course, be passed round in ate sauce boats.

hoose a Goose

freshly killed goose will have fine pink flesh with a creamy skin. Its feet and bill will be of a yellow colour, also its ill be soft and pliable. When old, the feet and bill become r and reddish in colour, and when killed some time the become dry and stiff. Geese are frequently offered for when too old. Although Michaelmas is the time for geese, are in perfection about June as goslings. After Christmas esh becomes tough. A goose ought not to be eaten after a year old.

To Dress a Goose

Young geese (goslings and green geese) should not req any stuffing, which would be too overpowering for their del flavour.

After the goose has been cleaned, singe carefully and spri lightly inside and out with salt and pepper, brush all over in and out with melted butter or dripping, and roast in a mode oven 325°F. for about 1 hour for a young bird, allowing i become nicely browned. (For an older bird, *see Goose, Roast*)

Apples are not at their best when young goslings are rea and it is best to serve Gooseberry Sauce with the younger bi and Apple Sauce with the more mature birds.

To Truss a Goose for Roasting

Pluck the goose and carefully singe off the hairs. Cut the neck as close as possible to the back, leaving the skin hangi from the breast long enough to fold over. After drawi wash and wipe the bird both inside and out, and cut off t feet and the pinions at the first joint. Draw the legs up close to the body, and thrust a skewer through the one side, fasteni the leg securely, and out of the other side, holding fast the oth leg. When the bird has been stuffed, make a hole in the apr and push the rump through to prevent the stuffing escaping.

ALICOT OF GOOSE (Using Left-over Goose)

Heat some goose fat in a sauté pan and brown about 1 l left-over goose on all sides ; take out the pieces of goose and thro in 4 ozs. sliced onions, 5 small slices raw ham, 1 sprig of parsle 1 sprig of thyme, 1 small bay leaf, and ½ lb. chopped tomato free from skin and pips. Add the browned pieces of goos ¾ pint good stock (that made from the goose bones, if possible and salt and pepper to taste. Bring all gently to the boil, this stage remove herbs, and continue cooking 1 to 1½ hou or until leg meat is tender.

—The leg meat of the goose, when once roasted, will
n up considerably during the early stages of stewing,
stewed steadily will become quite tender.

(*Enough for 5 portions*).

GOOSE À L'ANGLAISE (English Style)

ng plucked and cleaned the goose, prepare a Sage and
Stuffing (*which see*) ; stuff the bird and truss well.
the goose fat over the breast, cover with oiled paper and
he bird in a roasting pan with the giblets around it. Set
oven, first at 425°F. for 20 minutes, then lower to 325°F.
remainder of the roasting time, allowing 15 minutes per
ake up the bird, strain off all the fat, swill the pan round
ock or water to form a gravy, and if desired thicken with
flour and water. Taste for seasoning and strain.
e with Apple Sauce.

GOOSE ARLÉSIENNE

t prepare a stuffing with 1 lb. chopped onions, 1 lb.
y chopped boiled chestnuts, 4 ozs. chopped truffle, 8 ozs.
rumbs, 3 ozs. melted butter, and seasonings to taste.
he bird with this mixture.
a large buttered braising pan throw 3 large sliced carrots,
d onions, 1 sliced heart of celery, 2 sprigs each of sage,
and parsley. Lay the bird on this bed of vegetables, and
n 2 pints thin Tomato Sauce. Cover tightly, and cook
oderate oven 2½ to 3 hours, or until tender.
e up the bird, strain the sauce into a pan, remove all grease,
l and serve with the goose.

BRAISED GOOSE

legs of the goose are usually tiresome to carve, and if
d, can be removed before roasting, which is sometimes
ble in small households when the oven is found to be too
for a handsome bird.

Brown the legs in heated goose fat and place them in a casse with sufficient water to half-cover them. Add a sliced on 2 pulped tomatoes, and seasoning to taste. Cover tightly, cook in a moderate oven 1½ to 1¾ hours, or longer if from an bird. Take out the legs and place on a dish, pour the sa into a pan and thicken with a little flour and water. Sim 5 minutes, strain, and pour over the goose legs.

A sprig of sage, thyme and parsley may be added to casserole if desired.

GOOSE SAUTÉ À LA BOURGEOISE

Here the goose is first cut up into neat serving portions a sautéed slowly in butter till a nice golden brown. It is th transferred to a casserole and stewed in brown sauce un tender, together with young carrots at the early stage of cookin small button onions during the half stage, and finally you green peas are added 10 minutes before it is ready. The timi in adding the vegetables is the great art in the success of th dish.

The brown gravy is made by grilling the back and gible of the bird and cooking in stock till all the goodness is extracte

GOOSE AUX CHATAIGNES

Prepare 2 lbs. Veal Forcemeat (*which see*), and with it mi 1 lb. whole blanched chestnuts. Stuff the bird with th mixture and roast in the usual manner.

Prepare a good giblet gravy and to each 1 pint add ½ lb coarsely chopped blanched chestnuts. Serve Apple Sauc separately.

GOOSE À LA CHIPOLATA

Roast the goose with a good bunch of sage stuffed inside i While the bird is cooking, sauté 2 lbs. chipolata sausages, 1 lb cubed lean ham, ½ lb. sliced mushrooms. Combine all thes in 1 pint of good giblet gravy, and when the bird is dished, plac the garnishing around it, and serve Apple Sauce separately.

GOOSE À LA DAUPHINOISE

are the goose as for Arlésienne, leaving out the truffles
e stuffing, and roast in the usual way, instead of braising.
are a rich brown gravy from the giblets and the swilling
roasting pan. To the gravy add the juice of 2 oranges
grated rind of 1 orange. Serve Apple Sauce separately.

GOOSE, DEVILLED

n, singe and truss the goose, cover with boiling water
mmer gently for 1 hour. Drain well and wipe dry. Fill
d with sage and onion or other stuffing and roast in a slow
llowing 20 minutes per lb.
together $\frac{1}{8}$ pint vinegar, 1 teaspoonful pepper, 2 table-
ful prepared mustard, 1 tablespoonful salt, and use this
e the goose every 20 minutes. Serve with giblet gravy.

GOOSE, DEVILLED IN CASSEROLE

boil the goose for 1 hour as described above, and stuff
Potato or Chestnut Stuffing (*which see*).
ase a large casserole and throw in 2 sliced carrots, 2 sliced
, 3 chopped stalks of celery, 2 sprigs sage, 2 sprigs thyme.
e bird on this bed of vegetable and pour over $\frac{1}{4}$ pint Sauce
, cover casserole tightly and cook gently until tender.
up the bird, strain off the liquor from the casserole, skim
the fat, and serve the liquor with the bird.
those who do not like a greasy goose, this dish will prove

GOOSE À L'ETOUFFADE

pare 1 lb. Sage and Onion Stuffing and blend it with 1 lb.
ausagemeat. Stuff the goose with this mixture and roast
cribed under that heading.
ile the goose is cooking, prepare some young turnips (2 per
), cook in salted boiling water and glaze with Demi-glace
Take up the goose when cooked and place the turnips
d it. Serve with rich goose giblet gravy.

GOOSE À LA FERMIÈRE

Roast the goose as described under that heading, without a stuffing. When done, cut small fillets from the breast and dre in a circle on a round platter. In the centre of the dish pla half chopped olives mixed with half sliced mushrooms saut Serve with rich giblet gravy reduced with red wine.

GOOSE, FRICASSÉE OF

Take the back, wings, neck, gizzard and heart of a goos sprinkle with salt, pepper and ground ginger, and mix with minced clove of garlic. Cover and let stand 12 hours. Pla the pieces of goose in a pan and cover with boiling water, and ad 1 sliced onion, 2 stalks celery, and simmer gently until meat tender.

Mix 2 ozs. flour with a little of the cooled goose broth and ad it to the pan very gently, stirring until thickened. Add 1 tea spoonful chopped parsley, boil 5 minutes and serve.

GOOSE GIBLET PIE

Wash 1 set of giblets and wing tips, put them in a pan with sliced onion, 2 sprigs parsley, 1 sprig thyme and a bay leaf tie together, add pepper and salt to taste, cover with cold water an simmer gently until tender.

Cut 1 lb. stewing steak into thin slices and put a layer of thi in the bottom of a greased pie-dish, add the cut up giblets an wing tips, and top with the remainder of the steak. Seaso with salt and pepper and a light sprinkling of chopped thym Pour the giblet stock over the meat to within ½ inch of the to of the pie-dish (saving any unused). Cover with a good pu paste, brush over with milk or well-beaten egg, and bake in a oven 375°F.

When the pie is sufficiently baked, top up with more gibl stock and serve.

GOOSE, HASHED (Using Left-over Goose)

k off all the trimmings from a cold goose and set aside. the carcase of the bird, place it in a pan with 1 bay leaf, de mace, 1 clove, cover with cold water and simmer till e goodness is extracted from the bones.

r 2 sliced onions in 2 ozs. butter to a deep brown, add 2 ozs. and stir well, then add slowly 1 pint goose stock, a little time, stirring constantly till thick and creamy. Add the ngs from the goose, 2 ozs. fried mushrooms and simmer ot boil) for 5 minutes. Taste for seasoning, and serve.

GOOSE JAPONAISE

a large pan place 2 pints hot water, 6 ozs. brown sugar, salt, ½ teaspoonful ground cinnamon, 3 cloves, 3 sprigs sage, allspice, 1 oz. salt, a little pepper. Heat all to boiling and cook 10 minutes. Place the goose in the liquid and tightly. Simmer for 2 to 3 hours, allowing 20 minutes b., basting occasionally.

emove pan from heat and let stand 15 minutes before serving. lo this, take up the goose, strain the liquid and serve with liced goose.

GOOSE JARDINIÈRE

aise the goose as described under that heading, and serve on ge oval dish with alternate groups of peas, beans, asparagus glazed young turnips around the edge of the dish, together a boat of rich giblet gravy.

GOOSE LIVER BALLS

oak 2 ozs. fresh breadcrumbs in just sufficient milk to form a e. Add 2 well-beaten eggs, 1 tablespoonful minced parsley, tle salt and a pinch of ground nutmeg. Cook this mixture very low heat for 5 or 6 minutes until thickened, stirring tantly. Add the finely minced liver of a goose, mix well, w to cool, and shape into balls. These balls can either be l in hot fat or boiled in broth.

GOOSE LIVER, FRIED

Remove the gall bladder from the liver very carefully, sprin the liver with salt and pepper and dredge with flour. Bro gently in hot goose fat, turning once during cooking. Ser with crisp bacon. Do not have fat too hot or the liver w cringe and toughen.

GOOSE LIVER, SAUTÉ

Salt and pepper some fresh goose livers, roll in flour, put a pan with hot butter and sauté gently, turning once or twi during the cooking process. Put the livers in a chafing dis and cover with Sauce Perigord.

GOOSE AND ORANGE SALAD

Arrange a salad bowl lined with lettuce. Combine togethe 8 ozs. diced cooked goose, 4 ozs. diced celery, 8 ozs. orang slices, 2 ozs. French Dressing. Place these ingredients in th centre of the salad bowl, sprinkle all with roasted almonds, an serve.

GOOSE À LA POLONAISE

Braise a goose as described under that heading. Heat 2 lb sauerkraut and arrange in an oval dish, and cover with nea slices of goose cut from the breast. Around the edge of the dis arrange small smoked pork sausages and send to table with boat of rich brown gravy.

GOOSE À LA PORTUGAISE

Prepare a goose as for roasting and stuff it with sliced Portug onions. Roast in the usual manner, and serve with stewe Portugal onions in brown sauce.

GOOSE PUDDING

s is forcemeat to cook with a roast goose.

k ½ lb. fresh breadcrumbs in ½ pint milk, add 2 well-beaten ½ teaspoonful chopped thyme, ¼ teaspoonful chopped ram, 1 teaspoonful chopped sage, 1 oz. medium oatmeal, ced onion, 2 ozs. grated suet, 4 ozs. grated potato, and a kling of salt and pepper. Mix well together and spread the re in a well-greased baking pan and bake under the goose. e fat from the goose enriches the pudding, and it will be a pleasing change from the sage and onion stuffing usually d inside the bird.

GOOSE, TO ROAST

roast goose is usually filled with sage and onion stuffing he way in which this is made will depend upon the taste of who are to eat it. If a strong flavour of onions is required, the onions are best chopped raw. If a medium flavour is red, the onions should be boiled whole before chopping. light flavour is required, the onions are first chopped and boiled. Again, the flavour of the onions can be controlled ixing with a smaller or larger proportion of breadcrumbs. ould be remembered that whenever breadcrumbs are used tuffing, room should be allowed for swelling.

ving plucked the bird, see that it is singed well. Fill with ng and truss the bird firmly, making sure to tie the opening at the vent securely.

y the bird in a baking pan, lay the loose fat across the breast, cover down well with greased paper. Roast for 2¼ to 2¾ s, allowing 20 minutes per lb., in an oven first heated to F. for the first 20 minutes, and then reduced to 350°F. for emainder of the cooking period. Baste well each ½ hour, f it is desired that the bird be not too greasy, then add 1 pint r to the baking pan and keep basted with the hot water. he bird has not browned too well, dredge with flour 20 tes before taking the bird from the oven.

Remove all the trussing strings, place the bird on a hot d and serve with rich giblet gravy and a boat of tart Apple Sa (*See Goose Stuffings, pages* 121-2).

ROAST GOOSE WITH BAKED APPLES

Stuff and roast a goose in the usual manner. Wash and c 8 or 10 good sound apples, sprinkle with brown sugar and pl in the pan with the goose ¾ hour before goose is done. Se hot with goose in place of apple sauce.

ROAST GOOSE AND CABBAGE

Clean and prepare a goose for roasting. Cut it neatly i serving portions, place the pieces in a roasting pan, and cook i slow oven 325°F. until almost tender. Pour off most of the into a sauté pan, sauté 3 sliced onions in the fat and when a n golden brown add 1 large head of cabbage chopped fine. Co 10 to 12 minutes. Then place the pieces of goose on top of t cabbage. Sprinkle with salt and pepper. Cover tightly a simmer gently for 1 hour, or until goose is quite tender.

GOOSE À LA ROYALE

Bone a goose by the usual method of slitting it down the bac Spread it out flat, and cover with savoury pork sausagemeat w flavoured with sage. Roll the goose up tightly, fasten wi string and braise as described under that heading.

When cooked, cut the goose in ¼-inch thick slices and ser with rich brown gravy, to which add 2 chopped fillets of ancho and 1 glass port wine to each 1 pint of gravy.

SALMI OF GOOSE (Using Left-over Goose)

Sauté 2 small sliced onions in 2 ozs. goose fat until tend add 1 pint tomato juice, 1 teaspoonful salt, 1 green pepper dic 1 dessertspoonful brown sugar, 1 clove and 1 bay leaf. Cook slowly for 15 minutes. Strain the mixture, return it to the p and thicken with 1½ ozs. flour mixed with a little water; co

thickened. Now add the pickings from the remains of a oose and simmer (do not boil) for 5 minutes.
ood salmi will be obtained if the volume of meat is equal to lume of sauce.

AST GOOSE STUFFED WITH SAUERKRAUT

ain 3 pints sauerkraut and stuff into goose. Roast as bed under that heading. Serve with glazed baked apples hick goose giblet gravy.

GOOSE STEW AND CHESTNUTS

is is a recipe for using up an older bird.
t up the goose into neat serving portions, dredge with flour, rown lightly in goose fat or dripping, tossing them to ensure ieces are evenly browned on all sides. Then add 1 pint to juice, a bouquet of mixed herbs, salt and pepper to taste. r tightly and cook in the oven ¾ hour, at which time add button onions, ½ lb. spring carrots. Cover, and cook a er ½ hour, and at this stage add 1 lb. blanched chestnuts. another 20 to 25 minutes.
im off all fat, and serve from pan or casserole in which the was cooked.

GOOSE À LA TUNIS

ut some fillets from the breast of a roast goose and arrange e in a circle on a dish. Fill the centre with a compôte of nas and pour Bigarade Sauce over bananas and fillets. e at once.

STUFFINGS FOR GOOSE

goose may be stuffed with apples, chestnuts, potato stuffing, ge and onion stuffing. Many people do not like the flavour age and onions, but rarely do we see any break away from traditional stuffing to a goose.
ere are 4 stuffings, to help you ring the changes.

GOOSE STUFFING, APPLE

Peel and core the apples and cut into small pieces. Fill goose as full as possible, fasten the vent securely, and ro With this stuffing, one may dispense with apple sauce.

Split almonds, currants or raisins may be mixed with apples, using 2 ozs. to each 1 lb. sliced apples.

GOOSE STUFFING, CHESTNUT

Split the shells of 2 lbs. chestnuts, put them in a medium o and when they burst open, remove shell and inner skin. the chestnuts into a saucepan with as much stock as will nic cover them and stew gently until soft; drain them, and r with them 3 ozs. butter, 1 teaspoonful minced parsley, 1 minc parboiled onion, salt and pepper to taste. Place this stuff in the goose, fasten the vent securely, and roast as previou described.

GOOSE STUFFING, POTATO

Melt 2 ozs. butter or goose fat in a pan, throw in 1 fine minced onion, 3 lbs. diced raw potatoes; cover and toss t potatoes over the fire for 10 to 15 minutes, add the finely minc liver of the goose, 1 teaspoonful chopped sage, and salt a pepper to taste. Place this stuffing inside the bird, tie the ve securely, and roast in the usual manner.

GOOSE STUFFING, SAGE AND ONION

For a good-sized goose, boil 4 large onions in salted wat until tender; drain them and chop them finely,with 1 oz. fres sage leaves, or ½ oz. dried sage. Into a bowl place 8 ozs. fine grated breadcrumbs, 1 teaspoonful salt, 1 teaspoonful brow sugar, 1 teaspoonful prepared mustard, and a good pinch pepper. Add the onions and sage, together with 2 ozs. melt butter, and mix all well together. Place the stuffing inside t goose and roast as previously described.

For those who prefer a stronger, or milder, flavoured stuffin read the remarks on stuffings under the heading of Goose, Roast.

GREEN PLOVER
(*See Lapwing and Plover*)

GREY PLOVER
(*See Plover*)

GROUSE

attempts to introduce grouse to France and elsewhere failed, hence there is no name for this bird in any other age. The title " grouse " is applied to a large family of ican game-birds, but in the British Isles it refers to the rouse.

young grouse for table is one shot from 12 August to the of December of the year when bred. Those shot mid- st to mid-October of the year when bred are considered est of all game birds. As grouse are usually delivered to itchen unplucked (or should be), the young can be recognised e soft downy plumes on the breast and under the wings, by the pointed wings and rounded soft spur knob. All birds should be braised or cooked in casserole. The entice or unwary should note, when judging grouse for age, grouse have no spurs. The spur knob becomes scaly and in the older birds.

ung grouse need no additions like most other young game. ooked to the exact degree of done-ness, it will always be laimed as a feast for the gods, whether eaten hot or cold.

Carve Grouse

ess than half a grouse is most tantalising, even if it only be nto three portions. Usually, young grouse are served whole consequently no carving is required. As the birds fatten, h is about September, they then become large enough to in two. The usual method is to slit the bird along the top e breast bone and cut it right through, thus dividing the

bird into two equal parts. As the backbone of a grouse is c sidered by some a titbit, the halves should be laid on their s on the toast on which they were roasted.

To Choose Grouse

In young birds the feathers under the wing are soft and dow the long flight feathers are pointed at this stage. As the bi get older, the flight feathers become rounded and are a s indication of age. When old, the feet are hard and thi Grouse have no spurs.

To Truss Grouse

Although care may be taken in plucking the birds, the s will often be split when trussing, and to avoid this leave breast feathers to be removed until the trussing is complet Having taken off all feathers except the breast feathers, cut the head from the back, leaving the skin at the throat to skew back, loosen the inside at the neck, and if you are unable draw the intestines from the vent, squeeze the bird from t breast to force them out; carefully wipe the bird but do n wash it. Bring the legs close up to the breast and pass a sm skewer through the leg at one side and out of the other, round with string and then remove the breast feathers. T birds are now ready to be larded for roasting.

GROUSE À L'ALMERIA

Stuff a grouse with Almeria grapes freed from all pips, tru and roast as described under those headings. Serve with grou gravy reduced with a little red wine.

GROUSE À LA CITOYENNE

Roast the birds in the usual manner, making a rich brow gravy from the giblets and swillings from the roasting pa To each ½ pint gravy add 1 oz. sliced mushrooms sautéed, 2 oz boiled chestnuts and 1 oz. stoned olives. Split the birds a arrange on a dish. Pour the sauce over them and serve pipi hot.

CREAMED DEVILLED GROUSE

s is a method of using up cold grouse legs ; the sauce is ent for 4 pairs.

o a pan put 1 oz. flour, 1 teaspoonful prepared mustard, . melted butter, 1 teaspoonful Worcestershire Sauce, a salt, pepper and cayenne, mix all together and add slowly t mil' mixed with ¼ pint evaporated milk. Bring slowly e boil, stirring constantly. Add the left-over cold grouse nd thighs and warm these in the devilled sauce, but do not to boil again once the grouse is added.

GROUSE CUTLETS

lit some young grouse in halves, chop off the wing bones egs to the first joint. Season with salt and pepper and fry in clarified butter till nicely browned all over. Dredge a flour in the butter and mix it in with a wooden spoon. gradually ½ pint grouse gravy, taste for seasoning, and let ner about 10 minutes. Serve with the gravy poured over grouse.

GROUSE À L'ÉCOSSAISE

uck and draw the birds, sprinkle the insides lightly with salt pepper, and place a 2 oz. knob of butter inside each bird. st in the usual manner, basting frequently.

Vhile the birds are cooking, parboil the livers and pound them er a heavy knife with a little butter, salt and cayenne. Spread e slices of toast with this paste. Slip these slices of toast er the birds during the last 10 minutes of roasting to catch he drippings from the birds. Serve with gravy and fried dcrumbs.

GROUSE À LA FINANCIÈRE

oil 6 grouse livers till tender and pound them to a paste with zs. butter, a finely minced shallot, a little salt, pepper and nd nutmeg, 2 ozs. breadcrumbs and 2 ozs. sliced mush- ms. Stuff the grouse with this forcemeat, truss and roast, ing frequently.

To 1 pint brown gravy add 8 ozs. sliced stewed mushroo and a sprinkling of cayenne pepper. Let all boil up and se with the grouse.

GROUSE, TO HASH (Using Left-over Grouse)

Cut the remains of grouse into neat joints. Place all t bones, skin and trimmings into a pan with a little sliced shall and cover with stock. Then add salt, pepper, and a blade mace, and bring to the boil, simmering slowly for 1 hour. Stra the stock, and return it to the pan with a glass of claret. S in a little at a time 3 ozs. roux, stirring constantly till thickene put in the pieces of grouse and when quite hot serve at once.

Do not allow to boil after the grouse has been added, or th will toughen.

GROUSE À L'ITALIENNE

Having trussed 4 birds as for roasting, place them in a stewpa with a faggot of parsley, 2 sliced carrots, 2 stalks of celer 2 whole onions each stuck with 2 cloves, a blade of mace, a litt salt and pepper, and a clove of garlic. Moisten with 1 pint stoc cover tightly, and cook in a sharp oven for 1¼ hours, longer old birds.

When the birds are cooked, drain them and dish them up o a bed of cooked macaroni, sprinkled liberally with grated chees Pour some Italian Sauce over the birds and serve.

GROUSE À LA MONTAGNARDE

Cut off the wing bones and legs and split the birds down th back, brush them over with melted butter and sprinkle well wit salt and pepper; then broil them carefully under a pre-heate grill.

When cooked, glaze them nicely and dish them up with border of croquette potatoes and then pour around them som Poivrade Sauce and sprinkle with lemon juice.

GROUSE À LA NORVÉGIENNE

are the birds as for roasting, with a layer of fat bacon over the breasts. Set the birds in a braising pan with good stock, ¼ pint French vinegar. Cover closely and n a sharp oven.

e the birds up, crisp the larding under the grill, and place in the centre of an oval dish; garnish with a border of d red cabbage and around this place a border of grilled ry Forcemeat Balls (*which see*).

GROUSE PIE

e the bottom of a pie-dish with cubed steak, sprinkle with nd pepper. Cut 2 grouse into neat pieces and lay these e steak, discarding the lower parts of the back, which would impart a bitter flavour if included. Fill all the cavities more cubed steak blended with equal quantities of cubed ; add more seasoning and sufficient stock to come to n ½ inch of the top of the dish. Cover with puff pastry, brush over with beaten egg, and bake in an oven at 420°F. e first ½ hour, and then at 375°F. for the next hour, when ie should be sufficiently cooked. Top up the pie with boiling stock.

GROUSE, TO ROAST

ung birds, being those shot before the end of December in ame year as hatched, are the only ones suitable for roasting. ck the birds carefully to avoid tearing the skin. Draw them, wipe them with a soft cloth, but on no account wash them. off the heads and truss like a fowl. Tie over each breast a slice of fat bacon and roast at 450°F. to 425°F. for 30 to 35 tes, on slices of toast, basting frequently. Five minutes e taking up the birds, remove the bacon and dredge lightly seasoned flour, to give a nice brown appearance.

Dish the birds on the toast, and serve with giblet gra Bread Sauce and fried breadcrumbs. No other trimmings required. Older birds, which will not roast, and have to cooked in the various other ways described, all need the differe garnishings and extra trimmings to make up for the lack flavour only found in the younger birds.

All grouse for roasting should be hung at least 3 to 4 days.

SALMI OF GROUSE

Cut up 2 freshly roast grouse into neat portions ; skin the and add the skin to the pickings of the carcases. Put the trimmings into a pan with a bay leaf, a sliced shallot, 1 sprig thyme, and 1 tablespoonful of salad oil. Fry until light browned, and then add ½ pint good rich brown sauce and simm for 15 minutes. Strain the gravy and add the juice of ½ lemo seasoning to taste, and a glass of sherry. Put in the portions grouse and let them remain until quite hot, but do not boil aga once the grouse is added. Serve with fried sippets.

GROUSE, SPATCHCOCKED

Prepare the birds as described for Grouse à la Montagnard When they have been brushed over well with melted butte sprinkle with finely chopped shallots and parsley and dredg very lightly with flour. Place the split birds between a wel greased gridiron and cook over a clear fire for 20 minute turning the iron occasionally, while basting from time to tim with oiled butter.

Dish up and serve with a rich tomato sauce.

SUÉDOISE OF GROUSE

Place 3 grouse in a pan with ½ lb. diced streaky bacon, ½ l diced Italian sausage, 1 large carrot sliced, 2 stalks of celer 2 small onions each stuck with 2 cloves, a faggot of parsley an 2 pints fermented beet juice. Sprinkle all with salt and peppe add 1 glass of brandy, cover tightly and set to braise slowl When the birds are done, take them up and keep covered in warm place.

t strain the liquor and boil it down to half its volume, with an equal volume of Espagnole Sauce, together with s of red wine. Allow this sauce to boil 5 to 10 minutes to e still further. Pour the sauce over the birds and send to garnished with slices of Italian sausage, and a julienne of s sautéed.

GUINEA FOWL (*Pintade*)

domestic fowl with purplish-grey plumage evenly dotted white. Some have beautiful shades of blue in their ers, but in appearance the sexes are alike.

e guinea fowl was raised as a table bird by the ancient ks and Romans. Later it was apparently overlooked, not ng into vogue again for centuries. Its popularity is due to xcellence of its flesh, which has a slight game flavour. It s as an excellent substitute for game when that is unobtain- or out of season, it being available from February to June. n well kept, it is not unlike the pheasant in taste and appear-

e guinea fowl has the real right to the name of turkey. domesticated turkey flouts its name under false colours.

uinea fowl are sold like game birds, unplucked. As their er coats are very thick, this method of selling makes them ar larger in body than they really are.

A squab guinea should weigh $\frac{3}{4}$ lb. to $1\frac{1}{4}$ lbs.

A guinea chick should weigh $1\frac{1}{2}$ lbs. to $2\frac{1}{4}$ lbs.

A guinea fowl should weigh $2\frac{3}{4}$ lbs. to $3\frac{3}{4}$ lbs.

Anything beyond that size will be useless for roasting. Wild ea fowl are generally useless for table.

LING OF GUINEA FOWL

uinea fowl to be good should be eaten young, and because are usually dry they should be killed by dislocating the , preventing any bleeding, thus leaving the blood in to

prevent dryness. The birds should be hung at least 6 to 7 da longer in cold weather. They are prepared like pheasan preserving a few feathers to stick in the tail after roasting, wh sent to the table whole.

GUINEA FOWL À L'ALLEMANDE

Truss and lard the bird as for roasting a grouse, set it in braising pan with 4 ozs. diced bacon, 1 large sliced carro 1 onion stuck with 2 cloves, 2 sticks of celery, 1 faggot of parsle seasoning to taste, and ½ pint good brown stock. Cover tight and cook in the oven 30 minutes. Then add 4 ozs. soaked prun and continue cooking gently a further 15 minutes or until bi is tender.

Take up the bird and cut it into neat serving portions, ma with Poivrade Sauce, and garnish with the prunes.

FILLETS OF GUINEA FOWL CALIFORNIA

Braise the guinea fowl as described for à l'Allemande, bu leave out the prunes. Take up the birds and allow to get cold Cut them into neat fillets and mask with brown Chaud-froi Sauce containing ½ oz. dissolved gelatine to each 1 pint of sauc used.

Having soaked some Californian prunes, cook them gently i claret and allow to cool. Dress the fillets in a circle on a dish an garnish the centre with the prunes.

FILLETS OF GUINEA FOWL EN CHAUD-FROID

Braise the birds as previously described and allow to ge quite cold. Cut into neat serving portions and mask wit Tomato Mayonnaise.

Wash some crisp lettuce hearts and arrange a bed of lettuc on a flat oval dish, dress the masked fillets on the lettuce an decorate the edges with chopped aspic jelly and slices of hard boiled egg.

GUINEA FOWL À LA DEMIDOV

he bird into neat small joints, season lightly and dredge
our. Heat some clarified butter or good salad oil in a
an and sauté the fillets gently until tender, which should
o to 25 minutes.
4 ozs. rice and wash well. Arrange the cooked fillets in
tre of the dish and make a border with the rice. Mask
ts with rich Port Wine Sauce.

GUINEA FOWL À LA FORESTIÈRE

t the birds as described under that heading; cut into
ints and arrange tastefully on a dish. Top each piece
mall broiled mushrooms and garnish very liberally with
reen watercress. Serve with dressed crisp lettuce into
has been mixed some diced celery.

GUINEA FOWL À LA FREDENSBURG

é the bird as described above and arrange the pieces in a
on a dish. Into the centre place 1 lb. cooked skinned
es and mask with Cranberry Sauce.
e with ½ pint Espagnole Sauce, to which add the juice
mon and 1 glass of claret.

GUINEA FOWL, FRIED BREASTS OF

y young birds are suitable for cooking in this manner.
the breasts from 2 young guinea fowl, sprinkle with salt
epper and sauté in clarified butter or good salad oil, in a
frying pan, for about 20 minutes, or until nicely browned
nder. Dress on a hot platter and serve with small sautéed
ooms and gravy made from the drippings in the pan
d with a little cream.

GUINEA FOWL À LA MANCELLE

Braise the birds as described for à l'Allemande ; cut into n joints and arrange in a circle on a platter, fill the centre w stewed chestnuts and mask the pieces of bird with rich Cla Sauce.

To stew 1 lb. chestnuts, snip off the points and roast in medium oven for 15 minutes ; peel and skin while still h Place the chestnuts in a pan with a little stock, just sufficie to cover, stew very gently for 10 to 15 minutes or until tender.

GUINEA FOWL À LA PIÉMONTAISE

Braise the birds as described for Guinea Fowl à l'Allemand adding all the giblets to the braising pan ; when done, take t the birds and keep hot.

Strain off the liquor and reduce to ½ pint by rapid boilin Thicken with 2 ozs. browned roux, add 1 glass claret and 1 o sliced truffle. Cut the birds into neat joints, arrange on a di and mask with the sauce, garnishing liberally with fresh gre watercress.

GUINEA FOWL À LA REINE

Braise the birds as previously described. Take them up wh cooked and strain off the liquor, keeping both birds and liqu hot.

In a frying pan place 1 oz. butter and when hot throw 2 diced shallots and brown gently. Add 1 oz. flour and mix we Now add the liquor a little at a time, stirring constantly an well till thick and creamy, add 2 ozs. tomato purée and 2 oz sliced mushrooms and allow the sauce to simmer 10 minutes.

Cut up the birds and arrange on a platter, mask with the sau and sprinkle all with finely chopped parsley.

GUINEA FOWL, TO ROAST

k, singe and draw the bird, wiping with a soft cloth, but wash it. Place a piece of fat home-cured bacon or ham the bird and truss as a chicken. Cover the breast with a hin slice of fat bacon and wrap it in well-oiled greased and roast in an oven at 400°F. for 1 hour. Remove paper acon fat covering the breast, dredge lightly with flour, well and return to oven for another 10 to 15 minutes.

re with well-washed fresh watercress, Bread Sauce, fried s, and a boat of rich brown Espagnole Sauce made from ast giblets and drippings from the pan.

GUINEA FOWL À LA SIMLA

se the bird as described for Guinea Fowl à l'Allemande. up the bird when cooked, drain off the liquor and keep hot.

a pan place 1 oz. butter and in this sauté 1 diced onion, teaspoonful of curry powder, 1 oz. flour, and mix well. add the liquor, a little at a time, stirring constantly till and creamy. To this sauce add 1 oz. scalded sultanas, blanched and chopped chestnuts.

up the bird and arrange on a platter with a border of d and well-washed rice, cover with the sauce and top each of bird with a nice grilled mushroom.

GUINEA FOWL À LA STAËL

pare the guinea fowl as for roasting, and at the end of 1 hour e the paper and bacon and mask the bird with thin cream ; return it to a very hot oven and continue to baste with cream sauce at intervals of 5 minutes, giving the bird a white crispy coating. To do this, the oven must be quite

ve with highly seasoned cream sauce.

GUINEA FOWL AND TARTARE SAUCE

Choose quite young birds, and when singed and drawn, s
them in half; sprinkle with salt and pepper and brush libera
with melted butter or good salad oil. Broil or grill gently u
nicely browned and tender, dish on a platter with plenty
watercress and send to table with a boat of Tartare Sauce.

GUINEA FOWL À LA VICTORIA

Prepare the bird for roasting, stuffing with Thyme and Pars
Stuffing before trussing. Roast as described under that headi
and serve with 1 pint rich Espagnole Sauce, to which have be
added 2 ozs. stoned olives.

GULL (*Puet*)

To-day, the gull's eggs are more esteemed than the bird f
food, this being a far cry from the time when gulls were fatten
as domestic birds. In those days, the price per bird was high
than for 1 lb. of fillet steak, such was the desire to break away fro
beef, mutton or pork.

One may be sure that all fishiness was lost by netting the bir
and feeding them on sour milk or buttermilk. They certain
knew a thing or two in olden times, which we may even yet b
pleased to copy.

In brief, the gull when taken from its natural quarters has a
unpleasant fishy flavour, but if kept in captivity and fed on oth
foods, it soon becomes palatable and good eating.

GULLS, TO ROAST

Gulls to roast should be caught alive and fed in captivity f
at least 3 weeks, to rid them of their fishy flavour. They a
best fed on barley mixed with buttermilk.

Pluck, singe and draw the birds, washing them well. Stu
with a handful of thyme and cover the breast with a large sli
of fat bacon; wrap in oiled greaseproof paper and roast at 370°
for 35 to 40 minutes.

Serve with Bread Sauce and Port Wine Sauce.

HARE, LEVERET (*Lièvre, Levraut*)

hare lip is a good indication of age, for in the young it faintly marked, becoming more pronounced with age. are has longer ears and hind legs than the rabbit. We have stinct types of hare, the more common brown hare, and hich principally come to us from Scotland, being the blue ntain hare, which changes to white in winter. The Belare is a much larger variety than those usually caught in Isles.

author of culinary works was accused of saying : " first your hare". This, of course, was the ignorance of the er of the work, who read " catch " for " case", for in times to " case " a hare meant to skin it.

es, like pork, should always be cooked right through. eat hare if still red.

young hare (up to 6 months), is called a leveret and is esteemed than the adult, which becomes very tough with

HOOSE A HARE

points given for the selection of rabbits apply equally es. It is of importance to note that the cleft in the lip n as the hare lip) is quite narrow in the young. It develops ge, and gradually becomes wider. Blunt claws, tough and ears, are also indications of age. The younger the hare arper the claws, and the ears will be soft and thin.

en the body is stiff the hare is fresh ; when limp it is stale. should be hung from the hind legs and should not be hed for 4 or 5 days after killing. Hang the hare 10 to 14 onger in cold weather.

ARVE ROAST HARE

t with the head pointing away from you, and by inserting e under the shoulder, cut along the backbone down to the Turn the dish sideways and cut slices moderately thick. atively, cut off the shoulders and legs first, and cut the back

crosswise into 6 equal pieces. Only a young hare can be carv like this, as the bones in the older animals are too hard to car through. The most esteemed parts are the back, next co the hind legs, and finally the shoulders, which are only served table when the other parts are exhausted.

WHAT TO SERVE WITH HARE

Fried savoury forcemeat balls, redcurrant jelly, Port W Sauce, Madeira Sauce and gooseberry jelly, are all fine acco paniments to braised, jugged, roast or stewed hare. (*See Ha Forcemeat for, p.* 140).

HARE À L'ALLEMANDE

Cut the hare into neat serving pieces and lay them on a di covered with 2 sliced carrots, 2 sliced onions, 2 stalks cele cut up, 6 cloves, a faggot of parsley, 2 cloves garlic, all moisten with 2 glasses of port wine ; cover and let stand 4 to 5 hours.

Drain the hare and place in a greased heavy pan with 4 oz diced streaky bacon and a little of the liquor from the dis Cover tightly and braise in the oven until tender. When don dress the hare on a dish and cover with Cherry Sauce Victori Serve with croquette potatoes.

HARE, BAKED, STUFFED

Choose a hare that has been hung no more than 5 to 6 da and have it gutted and skinned at the dealers, for it is rather messy job to be done in the home, or even in a commercial kitche

Prepare a thyme and parsley stuffing, about 1 lb. finish weight. Stuff the hare with this, and sew it up with fine strin Do not curl it up, as generally advised, as this makes it difficu to carve, although admittedly it gives it a better appearance table. Brush the hare over with melted bacon fat or drippin and wrap it completely in oiled greaseproof paper. Cook 400°F. for 1 hour, then remove the paper, sprinkle it well wi salt and pepper and dredge lightly with flour. Roast for further 10 to 15 minutes, when it should be quite tender.

c up the hare, drain all fat from the pan, and swill it round
glass of port and 2 glasses of stock or water. Bring it to
l, and dissolve 2 ozs. redcurrant jelly in the gravy. Serve
a sauceboat with the hare. Do not pour it on the dish,
ill make it difficult for the carver to do his work.

BAKED BARON OF HARE

s is a good method of serving a hare in two different ways,
the family is small and a whole hare is too much if cooked
once. A baron of hare consists of the back and thighs
ogether as one single joint. Directions for cooking the
inferior parts of the forequarters, will be given in the
ding recipes as jugged, hashed, etc.

o the baron over with moist sugar and leave it for 2 to 3
, then lay it in a greased baking dish over a faggot of parsley
finely minced onion. Brush the hare well with melted
fat, dripping or good salad oil, grease a large sheet of
proof paper and wrap this well over the hare. Bake at
. for 1 hour, then remove the paper and baste with 2
s of port wine and return to the oven for 10 to 15 minutes.

ke up the hare, pour ½ pint stock into the pan to form a
from the drippings, and when boiling dissolve 2 ozs.
rrant jelly in it. Serve with either fried or baked hare
meat balls, with the port wine gravy.

HARE À LA BORDELAISE

t a young hare into 10 neat joints, setting the blood, liver
heart aside. Place the jointed hare in a deep earthenware
role, season with salt and pepper, add 1 sliced onion, 2
s thyme, 1 sprig parsley, 1 bay leaf, 2 cloves and a sprinkling
tmeg. Then add 1 glass red wine and 1 pint stock and let
ak for 4 to 5 hours. Lift out the pieces, dry well, dredge
flour, and fry lightly in butter in a heavy frying pan,
of a light brown colour. Moisten with the stock from the
nd add 4 ozs. fried diced bacon. Cover tightly, bring to
oil, and simmer for 1 hour.

While the hare is cooking, chop the liver and heart finely a mix with any of the blood, adding this to the hare 15 min before taking up.

Dish up the hare with some braised onions and redcurra jelly.

BRAISED HARE

Stuff a hare with Veal Forcemeat and sew it up with fi string. Sprinkle some diced streaky bacon in the bottom of braising pan, together with 2 sliced shallots, 1 sliced carro 2 ozs. sliced mushrooms ; lay the hare on this, and cover it wi slices of fat bacon, add 1 pint stock, cover tightly, and simm gently for 2½ hours. Strain the gravy and thicken it with dessertspoonful of flour mixed smoothly with a glass of sherry o madeira wine.

Serve with redcurrant jelly.

HARE BRAWN

Take the forequarter of a hare (*see Baked Baron of Hare*), cut it up and place in a casserole with 12 ozs. diced ham or bacon 1 sliced shallot, 1 sprig of parsley, 2 ozs. redcurrant jelly, sal and pepper to taste, and just sufficient liquor to cover. Cove the casserole tightly and stew in the oven 1½ to 1¾ hours.

Pour all into a sieve resting on a bowl, to collect the liquo from it, and remove all bones. Reduce the liquor by rapid boiling to one-third its volume. Shred the meat finely, add the reduced liquor to it, taste for seasoning, and press all into a mould and leave to set. Turn out when cold, slice and serve with slices of ham.

HARE, BROILED

Cut up the forequarter of a hare, season with salt and pepper brush over with butter or good dripping, and broil over a clea fire, turning once or twice and basting with more fat if needed.

Serve at once with Port Wine Sauce.

HARE CAKES

the remains of a cold hare and mince finely with a quarter
veight of cooked ham fat. Season lightly and add a pinch
pped thyme, bind all together with sufficient egg to mould
ce cakes. Roll these first in flour, then dip in well-beaten
nd finally roll in fresh breadcrumbs. Fry in hot bacon fat
pping.
e with rich brown gravy made from the hare bones.

HARE IN CASSEROLE

a hare into 10 or 12 neat joints and dredge with flour.
ome clarified butter in a heavy frying pan and fry the hare
sides until nicely browned. Place in a deep casserole.
1 large onion sliced, in the fat, and add this to the hare
faggot of thyme, 2 cloves, and sufficient stock to cover it.
tightly and cook in the oven at 375°F. for $2\frac{1}{2}$ to $2\frac{3}{4}$ hours,
til tender. Fry 24 forcemeat balls and add these to the
o minutes before taking it up.
ore serving, remove the herbs and send to table with a
f redcurrant jelly.

HARE CROQUETTES

nce the remains of a cold hare by passing the trimmings
gh the mincer 3 times. To each 8 ozs. of meat add $\frac{1}{4}$ pint
brown sauce and 1 egg, season with salt and pepper, a flick
ound cloves, and a 3-finger pinch of chopped thyme. Bind
gether and form into cork-shaped pieces about 2 ozs. each
ight. Dip in well-beaten egg and roll in fresh breadcrumbs.
n hot fat no longer than 5 minutes, for the meat has already
cooked. Drain well and serve with fried parsley.

HARE À LA FERMIÈRE

ne a large hare, flatten it out and spread with pork sausage-
, truss with skewers and braise as described for Braised Hare.
it up and serve with 1 pint rich brown onion sauce, to which

has been added 1 glass marsala wine, 1 oz. finely minced ha and 1 teaspoonful chopped parsley.

HARE, FLANDERS STYLE

Cut up a young hare into 10 or 12 neat joints, dredge well wi flour and fry in heated butter. Place the hare in a deep casser and add 2 glasses white wine, ½ pint good rich stock, salt, peppe and a flick of ground cloves. Now add 20 stoned prunes, 3 oz stoned raisins, 2 ozs. blanched chestnuts. Cover tightly an stew in the oven 2 to 2½ hours, depending on the age of the har

Ten minutes before taking up, mix the blood with an equ quantity of port wine, and pour it in with the hare.

HARE, FORCEMEAT FOR

Boil the hare liver for 5 to 6 minutes, mince finely, and pu it in a bowl with 8 ozs. pork sausagemeat, ½ teaspoonful choppe parsley, ½ teaspoonful chopped thyme, the grated rind of ½ lemon 2 grates of nutmeg, and just a little salt and pepper. Mix al these ingredients together with 2 ozs. breadcrumbs and 1 larg egg. Roll into balls, dip in egg, and roll into breadcrumbs They can either be fried or added to the casserole or braisin pot 10 minutes before taking up the hare.

GRILLED HARE

Cut the remains of a cold hare into neat pieces, brush ove with melted butter or bacon fat, and season lightly with salt and pepper. Grill under a pre-heated grill until both sides ar nicely browned, brushing over with more fat as required, t prevent the hare becoming dry.

Serve with Port Wine Sauce.

HARICOT OF HARE

When the best parts of the hare have been used, such as fo Baked Baron of Hare, the forequarter may be cooked as follows

ide the forequarter into neat joints, dredge with flour and
melted fat ; place the pieces in a stewpan with a sprig of
, a sprig of parsley, 2 turnips, 2 carrots, cut into dice, a
onion, 2 cloves and a sprinkling of salt and pepper. Make
of thin brown sauce, add this to the hare, and simmer
1 hour. The forequarter not being so thick as the hind
it will not take so long to cook.

before taking up, add the juice of ½ lemon, and a glass of
ine.

HASENPFEFFER (HARE STEW)

t up the hare in 3-inch pieces. Save the blood and liver
separate dish. Put the cut-up meat in an earthen pot and
with one-half claret, or white wine, and one-half water.
1 sliced carrot, 1 sliced onion, a bouquet garni with plenty
yme, a little salt, and a teaspoonful of whole black peppers.
tand for 48 hours, then drain, strain the juice, and put the
on a platter.

t 4 ozs. of butter in a pan on the stove ; when this is hot, add
aping tablespoonsful of flour, and allow to become nice
yellow, stirring all the while to prevent it burning. Add
ieces of hare and simmer for a few minutes ; then add the
and a glass of water or bouillon, bring to the boiling point,
r and let simmer slowly.

rboil and fry in butter 12 small onions ; also cut up ½ lb.
lt pork in ½-inch squares, and parboil and fry them. When
is about three-quarters cooked, add the onions, pork and a
mushrooms, and cook until done.

ow chop the liver fine, mix with the blood, and stir into the
just before removing from the fire. Do not let it boil
adding the liver. Season to taste, and serve with a sprink-
of chopped parsley.

HARE, HASHED

Cut up the remains of a cold roast hare, place it in a pan w sufficient thin brown sauce to cover it, together with a l redcurrant jelly and pepper and salt if the sauce is not seaso Simmer all for 20 to 25 minutes. Five minutes before taking any cold left-over forcemeat should be cut up and added to hare, together with a glass of port wine.

JUGGED HARE

The younger the hare the better.

Cut the hare into nice neat joints, roll in flour, and fry in bac fat or dripping, together with 12 ozs. diced fat ham or bac until the hare is well browned on all sides. Then place it i deep saucepan, and add 3 sliced carrots, 3 sliced onions, previously fried in the hare fat. Sprinkle all with salt, pepp and a little ground nutmeg, cover with rich brown stock, faili which, water. Add a faggot of thyme, cover closely, a simmer in a hot oven $1\frac{1}{2}$ to $1\frac{3}{4}$ hours. If the hare be old, th it may need up to $2\frac{1}{2}$ hours.

Ten minutes before taking up the hare, mix the blood with a equal quantity of red wine and add it to the pan, together wi 4 ozs. redcurrant jelly. If the hare be rolled in sufficient flo at the beginning, no further thickening will be required.

Remove the herbs and it is ready to serve, with fried stuffi or forcemeat balls.

HARE À LA MODE

Cut up the hare and fry until nicely browned in butte transfer to a saucepan and add 8 ozs. diced cooked ham. Cov with brown sauce and simmer until tender. Just before servin add the juice of a lemon.

HARE OMELETTE

Mix the blood from 1 hare with 2 whole eggs and 2 yolks egg, 2 tablespoonsful of cream, 1 dessertspoonful of mixe chopped fresh herbs, and salt and pepper to taste.

1 oz. butter in an omelette pan, add the well-beaten
e and stir till it begins to thicken. At this stage, some
chopped cooked hare is sprinkled over, the omelette is
olded, and served at once.

HARE À L'ORLY

e a hare and cut into neat pieces, dredge very lightly with
dip in well-beaten and seasoned egg, roll into breadcrumbs
y in fat at 350°F. Take up the pieces, drain well and
with Tomato Sauce.
he hare be cooked in too hot a fat, it will cook tough.

HARE PIE

the hare into neat joints, dredge with flour and fry in
fat or dripping until the pieces are browned on all sides.
the bottom of a pie-dish with diced streaky bacon, place
eces of hare on top, intermingled with some fried forcemeat
Fill the dish to within ½ inch of the top with Port Wine
. Cover with puff pastry and bake in a steady oven
1½ to 1¾ hours.

HARE RAGOUT

is dish needs preliminary preparation a day before it is
lly required.
t up the hare and place in an earthenware vessel with 1 bay
1 large onion stuck with 6 cloves, 6 shallots, and 6 pepper-
; pour in as much vinegar as will barely cover all, cover
et stand 24 hours.
at 3 ozs. bacon fat or butter in a pan, toss in 3 sliced onions,
brown lightly, mix in 3 ozs. flour and slowly add 2 pints
t stock or water, stirring constantly till thickened and creamy.
a bunch of herbs, 2 sliced carrots, 8 ozs. diced ham or bacon.
n the hare, add to the sauce, and simmer until tender.
e for seasoning, and serve with fried forcemeat balls.
glass of port, or 4 ozs. redcurrant jelly may be added to the
e as desired.

ROAST HARE

Choose a young hare for roasting. An old hare is be stewed.

The hare should be paunched 5 days after killing, the liv and heart being carefully preserved and the hare hung for anoth 7 days, weather permitting.

Skin the hare, but do not cut off the head; fill the belly with ha forcemeat (*which see*), sew up with fine string, and tie the le up close to the body. Brush it over with melted butter or bacc fat, cover with thin slices of fat ham or bacon, and place in baking pan with 1 pint of milk. Sprinkle all with seasonin and roast carefully in a moderate oven $1\frac{3}{4}$ to 2 hours, bastin each 15 minutes with the milk.

About 10 minutes before taking up, remove the bacon and pou off the milk, which will have become enriched with the butte and fat from the bacon. Place the enriched milk in a pan and bring it to the boil, mix 1 oz. flour with sufficient white wine t form a smooth paste, and use this to thicken the milk.

Dish up the hare, surround with fried forcemeat balls containing the liver, and pour the milk sauce over the hare. (*See To Carve Roast Hare*).

HARE SOUBISE

Braise a hare as described under that heading. While it is cooking, mince 6 large onions and stew in milk till tender. Press them through a sieve to form a thick purée, season with salt and pepper, and beat in 1 oz. butter. Take up the hare when tender, cut it into neat serving portions, and mask with the onion purée.

If the hare be braised stuffed, no further addition will be required. If braised without stuffing, after the hare has been covered with the onion purée top each portion with a fried ball of hare forcemeat.

HARE, STEWED

up an old hare into 12 neat joints. Put these in a saucepan
ufficient stock to cover them, with 4 ozs. diced ham or
6 shallots, the liver of the hare finely minced, a faggot of
2 ozs. butter blended with 2 ozs. flour, added in small
a blade of mace, and salt and pepper to taste. Simmer
1½ hours.
in the gravy and return it to the hare in the pot; add
claret, 1 tablespoonful mushroom ketchup, simmer a little
, and serve with fried forcemeat balls.

HAZEL HEN (*Gélinotte*)

dom seen in England alive. When it does make its appear-
it is in a frozen state, being imported chiefly from Europe.
s very good eating, being tender and of fine flavour. Its
is creamy white.
e young birds should be cooked in the same way described
rouse. The older birds make quite good pies. Steak and
Hen Pie is delicious.

STEAK AND HAZEL HEN PIE

ne the bottom of a pie-dish with cubed steak, sprinkle with
nd pepper. Cut 4 hazel hens into neat pieces and lay these
e steak. Fill all the cavities with more cubed steak blended
equal quantities of cubed bacon; add more seasoning and
ient stock to come to within ½ inch of the top of the dish.
ver with puff pastry, which brush over with beaten egg,
ake in an oven at 420°F. for the first half hour, and then at
F. for the next hour, when the pie should be sufficiently
ed. Top up the pie with more boiling stock.

HERON (*Héron*)

The common heron is one of the few large birds now inhabi England. They destroy a considerable number of you salmon in Scotland and are hated by the keepers, who hang the up as a warning to other birds when they chance to shoot a At one time they were featured at many banquets, sometim costing as much as a chicken does to-day, the chief dish bei Heron Pudding and Heron and Oyster Pudding.

HERON PUDDING

If the bird is not badly shot and no bones are broken, all well. If the bones be broken, then discard the bird, as it w only prove a disappointment, due to the fishy fluid escaping fro the broken bones and tainting the meat.

Cut the breast and leg meat away from the bird and cut in 1-inch cubes, dust lightly with salt and pepper and a sprinklin of chopped tarragon, and mix in 4 ozs. sliced mushrooms.

Line a basin with ordinary meat pudding crust, fill with the cubed meat mixture, moisten with cream and cover with a further piece of pudding crust. Wrap up well in buttered greaseproof paper and steam sharply for the first ½ hour, then gently for the next 1½ hours, when it should be quite done.

HERON AND OYSTER PUDDING

Cut the breast and leg meat into neat 1-inch squares, sprinkle with salt and pepper and the juice of a lemon, mix with 24 small oysters, and proceed as above, omitting the cream and substituting the oyster liquor.

JAY (*Geai*)

One wonders how the jay has escaped complete elimination so hated is it by all gamekeepers and farmers.

It is rather insipid eating, and best stewed or cooked in pies or puddings, unless very young, when it may be roasted.

Cook in the same manner as pigeon.

LANDRAIL
(*See Corncrake*)

APWING, PEEWIT or GREEN PLOVER
(*Vanneaux*)

lapwing or peewit is the common plover in England, it is protected in most counties by law. Its eggs must offered for sale any longer in this country.

green plover is not considered so fine flavoured as the plover or grey plover. For cooking instructions, *see* .

LARKS (*Mauviettes*)

ks are most popular in France in the lark pie, which has d to make the reputation of the city of Pithiviers.

ey have quite a distinct flavour all their own.

one time they were sent to the London market in thousands, were not considered fit for roasting unless they weighed s. each. Larks in aspic were still a favourite at May Week es, both at Oxford and Cambridge, up to about 1925, when abour involved in preparing them was no longer con- ed worth while. In 1941, and again in 1942, they made a pearance on the London markets, but those who hoped to hem had overlooked the labour involved in their preparation, most of the consignments were wasted, except for the few h fetched 3s. 6d. to 4s. per dozen, and were made into pies, ho would have the patience to bone a lark to-day ?

rks are traditionally associated with hunt ball menus, ugh rarely if ever nowadays served in restaurants.

LARKS À L'ANGLAISE

is is really the true old-fashioned English lark pie. Another e for lark pie will be found under that heading.

one and stuff the larks with parsley and ham stuffing; 12 will be sufficient for a family size pie. Cube 8 ozs. streaky

bacon, 8 ozs. lean beef, and line a pie-dish with half of the cube lay the larks on these, sprinkle with salt, pepper and choppe parsley, top with the remainder of the cubed meat, and fill th dish to within ½ inch with good stock.

Cover with puff pastry, brush over with beaten egg, and bak in an oven 400°F. for 1 hour. Top up with more stock or har water, and serve.

LARKS IN ASPIC

Bone one lark to each person and stuff them with liver force meat; to prevent any of the forcemeat escaping, each lark then wrapped tightly in butter muslin. Prepare a braising pa as follows, for each 12 larks:

Add 4 ozs. diced streaky bacon, 1 sliced onion, 1 sliced carrot 1 bay leaf, 1 blade of mace, 1 faggot of parsley, and 1 pint stock Set the larks in the pan and braise until tender. Take up and cool.

Decorate a long mould first with a little aspic jelly, and then fancy shapes of truffle, fresh leaves of tarragon and chervil. Let this set. Unwrap the larks and space them ½ inch apart in the mould, fill up with aspic jelly, sufficient to cover them. Place in the refrigerator to set. Unmould, stamp or cut each lark from the mould of aspic, and serve with fresh crisp lettuce leaves.

Where possible, the larks are best set in tiny individual moulds or even set in paper cases.

LARKS IN BATTER PUDDING

This was at one time a staple dish of the poorer classes.

Prepare 1 pint batter pudding in the usual manner, pour it into a hot buttered pie-dish, and place in it 6 trussed larks with a slice of streaky bacon wrapped around each. Bake in an oven at 450°F.

LARKS À LA BONNE FEMME

ean 6 larks and stuff them with 1½ ozs. cooked diced bacon, zs. cooked diced onion, 1½ ozs. cooked diced mushrooms, ixed together with a little chopped sweet herbs and seasoning. h them well over with butter and grill gently. Glaze before g up and serve with ½ pint brown sauce to which add the of ½ lemon.

LARKS, BROILED

ean 1 lark per person, cut off the heads and legs to the knee . Truss quite firmly, dip in well-beaten egg and roll in breadcrumbs, dab well with melted butter and broil over ar fire or under a pre-heated grill. Serve on buttered toast.

LARKS EN CAISSES

ean and bone the larks, 1 for each person. Stuff them as ibed for Larks à la Bonne Femme. Grease some stiff r soufflé cases and place a lark in each, cover with a disc t or ham ; bake in an oven at 400°F. for 20 minutes, remove n, fill up the cases with Espagnole Sauce, return cases to oven ner 5 minutes, when they will be ready to serve.

LARKS À LA CAMBRIDGE

ean and bone the larks and stuff with chicken and mush- stuffing, wrap each one in a slice of bacon, and roast in a ven for 20 minutes. Dress the birds on a bed of chestnut e and serve with Champagne Sauce.

LARKS À LA CHIPOLATA

ean and truss the larks, season and dredge with flour. Fry arified butter and dress in a circle on a platter. Fill the e with grilled chipolata sausages, and serve with Sauce gnole, flavoured with a little lemon juice.

LARKS EN COTELETTES

Clean and bone the larks, lay them out flat, and spread wi chicken and mushroom stuffing. Trim the edges to obtain neat shape, dip in well-beaten egg and roll in breadcrumb Fry them in shallow clarified butter, turning once during th cooking process. Serve with rich brown sauce made from th roasted bones of the larks.

LARKS CRAPAUDINE

Clean and bone the larks, brush them inside and out wi melted butter, fold in three and wrap each in bacon. Roast in sharp oven for no more than 15 minutes, take them up, pre flat so that they will lie snugly in some cases of fried bread, to up with rich Mushroom Sauce and serve.

The cases are made by cutting 2-inch squares of bread, scoop ing out the centre to form a kind of box, and frying in hot lard.

LARKS FAVRE

Clean and bone the larks and stuff each with 2 oysters. Wra each in bacon and roast 15 to 20 minutes.

Place a good sized mushroom in the bottom of a paper souffl case, lay the lark on top of the mushroom and set a disc o Maître d'Hôtel Butter on top. Garnish with watercress an serve.

LARKS AUX FINES-HERBES

Clean 6 larks, season inside and out with salt and pepper an fry them in butter to a light golden brown. Then add 2 oz chopped mushrooms, 1 oz. chopped onion, 1 dessertspoonfu chopped parsley. Simmer these with the larks for 5 minute then add ¼ pint of Sauce Espagnole, the juice of ½ lemon, and sprinkling of grated nutmeg. Toss all well together to hea through, and serve at once with croûtons of fried bread.

LARKS, GRILLED

ean and truss the larks, sprinkle inside and out with salt epper, dip each in well-beaten egg, and roll in fresh sweet dcrumbs. Dab with melted butter and grill under a pre-d grill for 12 to 15 minutes, turning and basting with butter quired. Serve on buttered toast.

LARKS À L'ITALIENNE

y 6 larks as directed for Larks aux Fines-Herbes. When light brown colour, pour off the grease, add ½ pint Sauce nne and 1 oz. truffles cut into discs. Toss all well together dish the larks on croûtons of fried bread. Pour the sauce them.

LARKS À LA LUCULLUS

ean and bone the larks and stuff them with foie gras, braise scribed for Larks in Aspic, dress in soufflé cases and fill up rich Truffle Sauce.

LARKS À LA MACEDOINE

an the larks and stuff them with the pounded livers mixed pork sausagemeat.

y the larks into a baking dish, pour over them a pint of gravy, and bake in a moderate oven. Dish them in a circle d some mashed potato and garnish with cooked carrots urnips cut in small dice, mixed with a few green peas. the gravy over them, and serve.

LARKS À LA PARMENTIER

an and bone 6 larks, stuff them with finely chopped celery, em up and fold each in a rasher of bacon, skewer them well lace them on a bed of diced onion, carrot and bacon in parts ; add a bouquet garni and cook at 425°F. for 20 es, basting frequently. Take up and allow to cool. Wrap ird in thin puff pastry to give them the shape of an egg, over with egg and bake for 12 to 15 minutes until the pastry ked through.

Fry some straw potatoes and pile them on a dish to form nest, place the larks in the centre and serve with thin Espagn Sauce.

LARK PIE

Clean and bone 12 to 14 larks, fill them with chicken a mushroom stuffing and roll each in a slice of lean ham. D 8 ozs. streaky bacon and 8 ozs. beef steak, sprinkle half in t bottom of a pie-dish, and lay the larks on this. Sprinkle w salt and pepper and add the remainder of the cubed me Fill the dish to within ½ inch with clear stock, cover with p pastry, brush over with egg and bake at 375°F. for 1 to 1¼ hou Top up with more stock and serve.

If the pie is to be served cold, then ½ oz. powdered gelat must be dissolved in each 1 pint of stock used, to ensure a n firm jelly.

LARKS, TO ROAST

Larks are best when roasted before an open fire, but t few remaining spits now lie obsolete in college kitchens a halls, so the next best thing is a coal oven or even an electric o will do, but avoid gas or oil when roasting such delicate morse

Pluck, clean and singe the little fellows, cut off the legs the knee joint, and the head close to the body, sprinkle insi and out with salt and pepper, truss on a skewer ½ inch apart allow the heat to circulate, brush each over with butter, and l a rasher of bacon over each. Roast at 450°F. for 20 minutes no longer, or they will be dry.

Dress on slices of buttered toast and garnish with fresh gre watercress. Serve with a boat of rich brown gravy.

LARKS EN SALMI

Prepare 6 birds as for roasting, dredge lightly with flour a fry in bacon fat for 10 minutes, until browned on all sid Drain off the fat and cover the birds in rich Espagnole Sau Allow to simmer gently for 20 minutes, add the juice of ½ lem taste for seasoning, and serve.

LARKS, STEWED

ean and singe 6 larks, split them open from the back and nem in butter with 1 oz. finely diced bacon, until they are y browned. Dredge lightly with flour and add 2 ozs. l mushrooms, a sprinkling of salt and pepper. Pour over 1 glass of sherry and double the volume of stock. Simmer ently under cover for 15 minutes. Add a teaspoonful of minced parsley, simmer another minute, and serve.

LEVERET
(*See Hare*)

ALLARD, WILD DUCK (*Canard Sauvage*)

e mallard is the most common species of wild duck found ese Isles, and the ancestor of a majority of our domestic s. The head and neck of the male are a glossy green and ack brown and grey shading to black, with white and blue ings on the wings. The female is principally dark brown buff.

e average market weight is 6 lbs. per couple, though it goes higher.

r recipes to cook, see wild duck, and all recipes given for ng the domestic duck are suitable for cooking mallard.

MOOR HEN, WATER HEN (*Poule d'Eau*)

e moor hen is sometimes referred to as the female of the rouse, it being supposedly allied to the moor cock, or moor , which are local names given to the grouse in Scotland. lly, it is quite distinct from the grouse, being a water bird the size of a bantam hen when fully grown.

colouring it is dark olive-brown above, iron-grey below, a scarlet frontlet. As it swims, its white tail coverts are conspicuous. It may be seen quite often in and around ry ponds or streams.

Once caught and tried they are left unmolested, as they l flavour and are coarse eating. The town dweller, when visit the countryside, is sometimes amazed to see such game plenty with hardly any notice being taken of it.

MOOR HEN, BROILED

Clean and singe 2 birds and split them down the back, bat the breast and legs so that they lie flat. Sprinkle with a li salt, pepper and cayenne, put them in a stewpan with a libe amount of bacon fat, cover tightly and simmer for 20 minut Take them up and finish cooking them under the grill u tender.

Serve with ½ pint Italian Sauce to which add the juice ½ lemon and 1 teaspoonful of finely chopped parsley.

MOOR HEN, ROASTED

Prepare the bird as for roasting a chicken, but before trussi sprinkle inside and out with salt and pepper, and place 2 oz butter inside. Truss firmly and brush over with bacon f or more butter, if it can be spared. Roast at 400°F. for 30 to minutes.

Take up the bird, pour the hot butter from the pan over t breast, rub a slice of toast in the pan to collect up all the drippin place the bird on the toast, and serve with toasted breadcrum and a boat of good gravy.

ORTOLAN (*Ortolan*)

These birds, though small and very rare, are much esteem by epicures for the delicacy of their flesh. They are in seas November to February.

Of these tiny birds and their mode of cooking, the followi is a shining example: when the great Alexis Soyer was on asked to prepare ortolan stuffed with truffles, he replied: " ortolan cannot be stuffed with truffles, but I will gladly st you a truffle with an ortolan."

he ortolan is almost extinct in these islands. It is distin-
ned by its black wings and greenish-grey head. When caught
fattened, it is considered a great delicacy. In size, it is not
h bigger than a thrush. The birds are netted in great
bers in some European countries. They are then kept
in darkened rooms and fattened on oats and millet. In a
short time they become quite fat, and are then marketed.
rtolan is the French name, and the name which is used in
English-speaking countries.

ORTOLAN À LA PÉRIGOURDINE

epare 6 birds as for roasting, as described below. Sort
some truffles slightly larger than the birds, scoop out the
res of the truffles, by cutting off one end and scooping the
res out carefully with a teaspoon, working to form a case
hich to pop a tiny bird. Chop up the scooped out pieces
uffle very finely, and form a well with these on circles of
. Stand the truffle case upright on this, and slip in the
an. Put in a pea-sized bit of butter, put on the lid and roast
o to 25 minutes.

rve with ½ pint rich gravy, to which add the juice of an
ge.

ORTOLAN, ROASTED

uck the birds, cut off the heads close to the body and the
to the knee joint, but do not *on any account* draw them,
he trails are held in very high esteem, so be careful to catch
on the toast.

rap each bird in a vine leaf, and then in a slice of bacon,
ightly with string so that neither will unfold while roasting.
are some lightly buttered toast and place a bird on each
of toast. Roast the birds at 425°F. for 20 minutes, or less
ssible.

hen cooked, unwrap, place back on the toast, brush over
glaze, garnish with watercress, and serve with breadcrumbs
in butter, and good rich gravy.

PARTRIDGE (*Perdreau, Perdrix*)

The common or grey partridge is considered the finest from the gastronome's point of view, and is the kind usually marketed in the British Isles.

The partridge is one of the few game birds which should not be hung more than 3 to 4 days. If stored longer and left to get high, it will lose its delicate flavour, possessed only by the young partridge. To bring out the finest flavour of the partridge, take a small bunch of vine leaves, douse lightly with brandy, stuff inside the vent and roast like a pheasant. Remove vine leaves and throw away, and serve with sauerkraut cooked in champagne.

The rule as to young partridges is the same as that applied to grouse, being those shot from 1 September to the end of December in the same year as bred. The young bird is easily distinguished from the adult. In the adult bird the first flight feather is rounded, while in the young it is pointed at the tip; also, until the colder weather sets in, the feet of the young are yellowish-brown, turning to pale blue-grey with age and colder climate.

Strange to relate, the partridge has largely increased in numbers during the last century, while the game birds most prized in the fourteenth, fifteenth and sixteenth centuries have almost disappeared.

Whilst the price of the partridge has considerably increased that of most other game birds has decreased—some are now even scorned.

To Carve Partridges

Young birds are too small to cut into more than 2 portions and this is done by passing the knife along one side of the breast bone and splitting the bird in two, which will prove quite easy with a young bird, but should not be attempted at the table. If it be a larger and older bird, then cut it in three, by serving each whole leg together with the centre breast, after the wings are removed as the third portion. The prime parts of

ridge are the wings, breast and merry-thought ; often the legs he older bird are only suitable for hash, mince or a ragout.

Choose Partridges

artridges are best when young, when the legs are yellow the bills sharp, well pointed and of a dark colour. The under gs should be pointed. Rounded tips are a sure indication ge.

n older birds the legs take on a greyish colour.

Choose birds with stiff vents and without any green discolor-n, for freshness.

A brace usually comprises a cock and a hen bird.

Old birds are useless for roasting. Cook them in a casserole.

CUTLETS OF PARTRIDGE ALGÉRIENNE

Split a brace of partridges in halves, remove the breast bone backbone, trim the halves to give a neat appearance, and fry m in a sauté pan in clarified butter, seasoned with salt and per and grated nutmeg. Pour off the grease and add a glass madeira wine, ½ teaspoonful of curry powder, ¾ pint Sauce agnole, 2 ozs. small mushrooms ; simmer all together for minutes, then add 1 oz. butter and the juice of ½ lemon. h up with the sauce and sprinkle with chopped ham and serve.

CUTLETS OF PARTRIDGE BACCHANTE

Cut the fillets from the breasts of a brace of birds, dip in egg, in breadcrumbs and fry gently in sweet fat or salad oil.

Serve with ½ pint White Wine Sauce, with 1 oz. scalded ins added.

PARTRIDGE À LA BEAUHARNAIS

Braise a brace of partridges, as described under that heading, t them in two and arrange the halves neatly on a dish. rnish with asparagus points, button mushrooms and artichoke toms alternating round the birds. Mask the halves with lian Sauce, and serve.

PARTRIDGES, BOILED

Occasionally partridges are boiled as invalid cookery. Dro them in boiling salted water and simmer gently for 30 minutes longer if an old bird. When done, cut the fillets from th breast, sprinkle with lemon juice and serve with celery or Brea Sauce.

PARTRIDGE, BRAISED

Have the birds trussed like a fowl. Put a brace in a stewpa with 2 ozs. salad oil, 1 clove of garlic, and toss them about unt they are slightly browned all over. Then pour over them 1 cu pulped tomatoes, ½ cup stock, 1 glass sherry, with a little sa and pepper. Cover tightly and simmer gently until tende Take up the birds, split them, place them on a dish, and strai the sauce over them.

PARTRIDGE, BROILED

Split a brace of partridges up the back and flatten the breas bones a little, wipe them dry, sprinkle with salt and pepper brush over with butter or good olive oil, and cook under a pre heated grill, turning and basting occasionally, for about 1 minutes.

When done, place on a dish and serve with game gravy o Mushroom Sauce.

PARTRIDGE EN CASSEROLE

Line the bottom of a casserole with diced streaky bacon, plac a brace of birds on top, sprinkle with salt and pepper, add 4 ozs button onions, 2 ozs. small mushrooms, a bouquet garni, a glas of madeira wine, and ¼ pint of stock. Cover closely, and cook a 400°F. from 40 to 45 minutes. Then pour over the birds 1 pin brown sauce flavoured with lemon juice, simmer a further minutes, remove the bouquet garni. They are then ready t serve.

FILLETS OF PARTRIDGE À LA CELESTINE

ıt the fillets from a brace of partridges and proceed as ribed for Partridge Bacchante. Serve with white game e with mushrooms.

PARTRIDGE CHANTILLY

uff a brace of birds with foie gras and braise as described er that heading. When cooked, dress on a bed of purée of ls and serve with Madeira Sauce.

PARTRIDGE DANOISE

repare and cook as described for Bacchante. Serve with ish Sauce.

PARTRIDGE FILLETS FARCIS

one a brace of birds and cut each into 4 nice pieces or fillets. ead each fillet with liver sausagemeat, sprinkle all over with brush over with well-beaten egg, roll carefully in bread-nbs, and fry in hot fat until a nice golden brown.
erve with Mushroom or Espagnole Sauce.

PARTRIDGE, GRILLED

plit a brace of birds in halves, wipe the insides with a damp n, season with cayenne pepper and salt, brush over with ted butter, and cook under a pre-heated grill, turning and ing as required, until tender. Serve with Espagnole or shroom Sauce.

PARTRIDGE, HASHED

ut the remains of the birds into neat pieces. With the bones the trimmings make a thick brown sauce, at the rate of $\frac{3}{4}$ pint e to 8 ozs. of cold partridge ; to this add the juice of $\frac{1}{2}$ orange, mon, and if liked a glass of red wine. Simmer all for 15 utes, but do not allow to boil. Then add 1 oz. stoned olives, zs. button mushrooms, simmer another 5 minutes, and it is ly to serve.

FILLETS OF PARTRIDGE À LA MARÉCHALE

Cut the fillets from the breasts of 2 brace of partridges, brai these as described under Braised Partridge; 5 minutes befor taking up, add 1 oz. sliced truffles and 2 ozs. button mushrooms Finish cooking, and serve with croquette potatoes.

MAYONNAISE OF PARTRIDGE

Roast a brace of birds lightly, cool, skin, and cut each bir into four neat portions. Mask each with freshly made mayon naise, and dress on a bed of crisp lettuce leaves. Decorate th edge of the salad with slices of hard-boiled egg and choppe aspic jelly.

PARTRIDGE PIE

Skin 2 brace of birds and cut each into 4 neat pieces. Place the giblets, wing and back bones in a pan with a sliced shallot, cover with cold water, and simmer till all the goodness is extracted and the stock reduced to no more than $\frac{3}{4}$ pint.

Cube 8 ozs. veal, 8 ozs. lean ham, and slice 2 ozs. mushrooms. Line a pie-dish with half cubed ingredients and lay the portions of partridge on top, sprinkle with seasoning and finely chopped parsley, top up with the remainder of the cubed ingredients. Fill up with stock to within $\frac{1}{2}$ inch of the top of the dish. Cover with puff pastry, brush over with well-beaten egg, and bake for the first 20 minutes at 425°F. then at 375°F. for the next hour.

Take up the pie, top up with more stock, and serve.

PARTRIDGE PUDDING

Skin 2 brace of birds and cut each into 4 neat pieces. Make a stock of the bones, giblets and trimmings as described for making a pie.

Line a basin with a good suet crust, dice 12 ozs. beef steak and slice 2 ozs. mushrooms. Mix the beef, mushrooms and partridge together, dusting all with pepper and salt. Place these ingredients in the pastry-lined basin, and moisten with a little

he cooled stock. Roll out the cover, moisten the edges and ss it firmly on the pudding, cover with 2 layers of well-ered greaseproof paper and steam (not boil) for 3 hours. up with more stock and serve.

PARTRIDGES, TO ROAST

artridges, to be tender, should be hung as long as possible ne feather, or the flesh will be tough and lack flavour.

luck, singe, draw and truss the birds in the same manner as a chicken. Do not wash the insides but wipe them with a p cloth. Dust inside and out lightly with salt and pepper. er the breast with a large slice of fat ham or bacon, and roast 30 minutes at 425°F. At this stage, take off the fat, dredge ly with flour, and brown in the oven a further 5 minutes, no longer.

ll giblets should be roasted with the bird, to help form a y. Drain off any fat, swill the pan with a little hot stock ollect all the drippings, boil once, strain, and serve with the s, together with Bread Sauce and fried crumbs.

PARTRIDGE SALAD

oast a brace of young partridges, cool, and cut each bird in Lay the halves on a dish and sprinkle with well seasoned ch Dressing, cover, and leave 2 hours.

epare a bed of crisp hearty lettuce in a salad bowl, lay the es of partridge on this, and decorate with capers, sliced kins, with slices of hard-boiled egg and chopped aspic jelly nd the edge. Sprinkle all with more French Dressing e moment of serving.

SALMI OF PARTRIDGE

oast a brace of partridges as described under that heading, g them up when slightly underdone, or three parts cooked. t get cold, skin and cut into neat joints. Heat 2 ozs. butter saucepan, add to it 2 ozs. small peeled mushrooms, 1 sliced

carrot, 2 sliced shallots, a bay leaf, a small blade of mace, a small handful of parsley, a sprig of thyme, 4 ozs. diced lean ham. Toss all together on the stove until the vegetables are lightly browned, sprinkle in 1½ ozs. flour, let it brown slightly, and then stir in gradually 1 pint good stock and 1 glass dry sherry. Add all the bones and trimmings from the birds and let all simmer well until all the goodness is extracted and reduced by half.

Now strain it, let it boil up once, add the pieces of partridge, and when quite hot, but not boiling, serve with fried sippets of bread.

PARTRIDGE SOUBISE

Braise a brace of partridges in a deep casserole surrounded by split onions, sprinkled with seasoning, and brushed with butter, for 1 hour, in an oven at 400°F. Lift out the onions, keeping the birds warm, pass the onions through a coarser strainer to form a purée, blend with half its volume with Cream Sauce. Take up the birds, split them, and arrange on a dish. Mask liberally with the sauce and serve.

PARTRIDGES, STUFFED

Strain a tin of grapefruit and to the segments add 1 teaspoonful chopped sweet herbs, 2 ozs. breadcrumbs, 1 oz. salad oil, and mix well. Stuff a brace of birds with this mixture. Wrap the birds in fat bacon and proceed to roast them as described under that heading, being sure to cook all the giblets in the pan with the birds.

When cooked, take up the birds, drain off all fat from the pan, throw in the grapefruit juice, and swill the pan to form a gravy, boil, and strain. Now add to this gravy 2 ozs. breadcrumbs and serve as a sauce with the stuffed birds.

Three large fresh grapefruit may be used in place of the tin of grapefruit, if preferred, but the difference is hardly noticeable enough to warrant the trouble.

PEACOCK (*Paon*)

he peacock was formerly much esteemed for the table, eing imported from India and Ceylon to aviaries and parks l parts of the world. During the Middle Ages, it frequently ed the banquet table, cooked whole and served with its gorgeous plumage as decoration.

he flesh is abundant in proportion to the bone, but the ity is a matter of individual opinion. The preference seems e for a young peahen, whose flesh is more delicate and not ry as the cock bird's.

ook as a peahen, described below.

PEAHEN (*Paonne*)

he peahen is at its best from February to May, and when ng and well kept tastes not unlike pheasant.

he hen is much more frequently served than the cock, it g usual to dress it with the tail feathers from the cock bird ecoration.

Truss a Peahen

he peahen is trussed in the same way as a chicken, except the head is left on and unplucked. The head should be t carefully covered with two layers of buttered greaseproof r, and fastened under the wing, to protect it during roasting. n cooked, the paper is removed and the plumage trimmed rm a decoration, which will be improved if the tail feathers ne cock bird be used for added attraction.

PEAHEN, ROASTED

he flavour of the bird will taste somewhat like pheasant, and t recipes given for pheasant are suitable for cooking the pea-

hoose a young bird, as the older birds are useless and a waste me to cook. Pluck, singe and draw the bird in the same way

as a chicken. Stuff it with good Veal Forcemeat or Thyme and Parsley Stuffing, truss it firmly, sprinkle it with salt and pepper and wrap it well in slices of fat bacon or ham. Roast at 400°F. for 20 minutes, then from 1 to 1 hour 10 minutes at 350°F.

When tender, take up and if possible dress with the tail feathers from the cock bird. Swill the baking pan with a pint of good stock to form a gravy, which will be enriched if the giblets are roasted around the bird. Decorate with plenty of watercress and send to table with Bread Sauce and the gravy.

PEEWIT
(*See Lapwing*)

PETIT POUSSIN

The term used in culinary French for baby chicks, or squabs. Weight for table, $\frac{3}{4}$ lb. to $1\frac{1}{4}$ lbs.
(For cooking *see Chicken*).

PHEASANT (*Faisan*)

Pheasants have many claims to interest. They are "good sport", their flesh is excellent, and some varieties are extremely beautiful—the cock birds especially.

The English ringneck is, primarily, a naturalised cross of the Chinese and common pheasant, and its introduction to England is attributed to the Romans. The male is a handsome bird with brilliant plumage, the female protectively coloured in mottled brown.

A brace of pheasants always constitutes one male and one female bird, and in no other game is the distinction between the sexes so marked, with the exception of the peacock and peahen

table, the pheasant owes all its virtue to the length of time hung after being shot. How long should a pheasant be ? 1, 2 or 3 weeks, depending on the weather and how shot. ould be allowed to mature fully, but not decay. Game of kind can be hung too long, and should decay set in, then the flavour is completely lost, and it tastes bitter.

he young cock bird is recognised by its short spurs. Long, spurs denote age and toughness. The hen bird, while not eautiful in appearance, is more tender and usually fatter the cock. The young hen can be recognised by its soft, le feet and light plumage. An old hen has hard, rough which are less pliable ; the plumage darkens with age.

he season for pheasants is from the beginning of October ebruary. They are at their best from November to Decem-

Carve Pheasants

he best parts of a pheasant are the breast and wings, although prefer the thighs ; the drum sticks should never be served roast, but reserved for a hash, croquettes or salmi. Fix fork firmly across the breast bone and cut slices off evenly, ing from the wing, working up to the centre of the breast ; repeat this process either side. Should there be more ts than the wing and breast portions will satisfy, disengage egs the same as for carving a chicken, cut the meat from the h, but do not offer the drumstick.

Choose Pheasants

s in most game birds, the young are easily detected by their t, round spurs and soft supple feet. The feathers under the ; will be soft and downy and the long flight feathers are ted. As the birds age, the spurs become long and sharp, feet become hard and thick, and the flight feathers become ded at the tips ; the feathers under the wing, having become e mature, lose their soft downiness.

To Hang Pheasants

The flesh of a freshly shot pheasant is inclined to be dry ar rather tasteless, but the flavour is greatly improved by hangin How long a pheasant should be hung depends upon the wa it has been shot, the weather, and the bird's age. The bird if young and properly shot, should be kept in a cool place wit plenty of fresh air passing through, such as a game chest hun on the shady cool side of the house. They should (weathe permitting) be hung until the blood begins to run from the bil or until they show the first signs of mortification, which can b detected by those who have a sensitive sense of smell, and whic will be in about 8 to 10 days. The hen birds are generally th more delicate.

To Truss Pheasants

Pheasants may be trussed with or without the head on. In any case, the head is only left on the cock bird, for decorative purposes. Draw the bird, bring the thighs close under each wing, pass a skewer through the leg, body, and out through the other leg. Fasten a string round both ends of the skewer and bring up round the legs, tying these firmly to the rump. If the head has been left on the cock bird, wrap it up in two thicknesses of buttered paper and tuck well under, to protect it when roasting. The rump, together with the tail feathers, are usually cut off the cock bird, to be used as a decorative effect when sending the birds to the table whole.

PHEASANT À L'ANGOUMOISE

Prepare a chestnut stuffing as described under that heading, and add 2 ozs. coarsely chopped truffles. Stuff a brace of pheasants with this stuffing. Proceed as described for Roast Pheasant and serve with Périgueux Sauce.

PHEASANT IN ASPIC

pecially roasted pheasants or the remains of cold pheasant most suitable for setting in aspic jelly.

ut up the pheasant into neat joints, remove all bones and . Lay the pieces on a perfectly flat dish and brush over with c jelly just on the point of setting. Decorate each piece diamond or fancy shaped pieces of truffle, and brush over e carefully with more aspic jelly, repeating the coating as one becomes set and firm.

hen completed, cut round each fillet with a hot, sharp knife, xclude all surplus jelly, and dress on a bed of crisp lettuce es. Alternatively, the pheasant can be set in fancy individual lds, by first pouring in a little aspic to a depth of $\frac{1}{8}$ inch, wing it to set; then forming a design of truffles and setting in with a little more aspic. The pieces of pheasant are then into the mould and topped up with aspic, placed in the igerator to set, unmoulded, and served on a bed of crisp uce leaves.

PHEASANT À LA BOHÉMIENNE

tuff a brace of pheasants with pâté de foie gras, wrap well in bacon, place in a greased casserole with $\frac{1}{4}$ pint stock, cover cook for 35 minutes. Remove bacon, dredge with flour, return to oven for 10 minutes longer.

ress the birds on a dish, pour a glass of brandy over them, alight, and send to table.

PHEASANT, BOILED

tuff a brace of birds with Oyster Forcemeat, truss firmly, sh over with good olive oil, and place in a pan of boiling k or water, together with 1 small sliced turnip, 1 sliced carrot, iced onion, 1 sprig of thyme, 1 sprig of parsley, 1 bay leaf, and pepper to taste. When the stock reboils, lower the heat simmer gently 50 to 60 minutes, depending on the age and of the birds.

When done, dress the birds on a dish, not forgetting to remov the trussing strings, and send to table with a boat of Oyste Sauce.

Alternatively, the birds may be stuffed with Chestnut o Celery Stuffing, providing suitable sauce is sent to the table wit them, which should be a sauce with the same characteristics as th stuffing.

PHEASANT BONNE FEMME

Stuff a brace of pheasants with Celery Stuffing, place then in a pan of boiling stock, with 3 ozs. diced lean ham, 2 slice onions, 1 teaspoonful chopped parsley, ½ teaspoonful choppe thyme, the juice of ½ lemon and salt and pepper to taste.

When cooked, set the birds aside in a warm place and reduc the stock by rapid boiling to half its volume, which should b about ¾ pint. Thicken the reduced stock with 2 ozs. toaste brown roux, simmer 5 minutes, and strain. Add a little chutney pour over the birds, and serve.

PHEASANT, BRAISED

Into a braising pan place 3 ozs. diced ham or bacon, 1 sliced carrot, 1 sliced onion, 1 small sliced turnip, 1 sprig parsley, 1 sprig thyme, 1 bay leaf, ¾ pint good stock.

Stuff a brace of pheasants with Chestnut and Truffle Stuffing, wrap them in slices of fat bacon, and lay them in the braising pot; sprinkle with salt and pepper, cover tightly, and braise in an oven 425°F. for from 45 to 50 minutes, until tender. Thicken the liquor in the pan with a little flour and water, strain, and serve with the pheasants.

PHEASANT BRAISED AUX CHOUX

Trim, wash and blanch a cabbage in slightly salted water, drain and cut into about 6 small portions.

Into a braising pan toss 4 ozs. diced fat ham or bacon with 2 ozs. fat, heat well, then put in the pheasants and brown them on all

s. Take up the pheasants, cut into neat joints, pour off a of the fat from the pan, and arrange layers of pheasant cabbage till all are used, seasoning each layer as you go along. ie together 2 sprigs parsley, 1 sprig thyme and 1 bay leaf, place on the top layer. Pour in ½ pint good stock, cover ly and allow to braise at 425°F. for from 1 to 1¼ hours. ress the pheasant and cabbage on a dish and serve with a of rich brown gravy made from the giblets and pheasant mings.

PHEASANT, BROILED

ut a brace of pheasants into neat joints, heat 2 ozs. butter in n, and fry the pieces gently until browned all over. Drain and sprinkle with salt, pepper and a little cayenne. Dip piece in well-beaten egg and roll into breadcrumbs and dab melted butter. Broil under a pre-heated grill, turning as ired, till cooked and tender, dabbing with more butter ng the broiling process if required.
rve with rich Mushroom Sauce.

PHEASANT À LA CAVOUR

oast or braise a brace of pheasants, as described under that ing. While they are cooking, boil ½ lb. noodles in boiling water; drain well and toss in heated butter till well lubricated. ad the noodles over a very hot dish, and dress the cut-up sant upon this.
rve with rich Espagnole Sauce.

PHEASANT CHAUD-FROID

aise or roast a brace of pheasants and let get cold. Cut up into boneless pieces and lay them out flat on a large

om the bones, skin and giblets make 1 pint of rich brown e, adding 1 oz. red-currant jelly and ¼ oz. powdered gelatine, ng well till both are dissolved. Mask the fillets of pheasant

twice with this sauce, and decorate with diamond or fancy cu shapes of truffle. When quite set, brush over with aspic jell to glaze them. Cut out each fillet with a hot pointed knife arranging them on a bed of crisp lettuce leaves, with a borde of watercress and slices of hard-boiled egg.

PHEASANT À LA CHOUCROUTE

Into a pan toss 4 ozs. diced ham or bacon, 2 ozs. olive oil heat well, add a brace of birds, and brown nicely all over.

Into a casserole add a little of the diced ham and oil and sprea over this a thick layer of sauerkraut. Place the birds on thi cover with more sauerkraut, finishing off with the remainin diced ham and oil, and a glass of white wine. Cover with a sheet of greased paper and fix the lid firmly. Cook at 400°F. from 1 to 1¼ hours, or until tender.

Serve from the casserole with a dish of young buttered parsley potatoes.

PHEASANT À LA COMTE DE BRABANT

Braise a brace of birds as described under that heading. When done, cut the fillets from the breasts and cut each fillet into 2 nice pieces. Arrange these around the edge of the dish, alternately with nice slices of crisp back bacon. Into the centre place a pyramid of freshly cooked Brussels sprouts, and sprinkle all with coarsely chopped roasted chestnuts.

Serve with rich game sauce, made from the carcases and giblets of the birds.

PHEASANT À LA CONNAUGHT

Stuff a brace of pheasants with Chestnut Stuffing and roast as described under that heading. Serve with Chestnut Sauce containing a little lemon juice, and serve with a watercress salad.

PHEASANT CROQUETTES

emove all skin and bones from any cold left-over pheasants
brace will usually yield 8 ozs. of trimmings). Pass the
mings through the mincer, using the fine plate, 3 times,
ther with 2 sprigs of fresh parsley and 1 sprig fresh thyme.
lake a rich brown sauce from the carcases, skin and giblets,
cing the stock by rapid boiling so that you have about ¼ pint
sauce when finished. To the sauce add 1 yolk of egg, the
ced pheasant and herbs, and seasoning to taste. Turn the
ure out on to a plate and leave it to cool and set. When
, form into 2-inch cork-shaped pieces, coat with the lightly
en white of egg, roll into breadcrumbs, repeat the coating
ess again, and fry in hot fat until nicely browned.
ress on a dish paper and garnish with fried parsley. Serve
chutney if desired.

PHEASANT CUTLETS

one a brace of pheasants, working neatly to keep the flesh
tact as possible. Divide each boned bird into 4 nice cutlet-
ed pieces. Sprinkle each with salt and pepper and dip each
into well-beaten egg and roll into breadcrumbs. Shape
y, and if necessary fasten with a thin skewer to hold into
e. Fry gently in hot bacon fat or butter to a nice golden
n.
sert a small piece of uncooked macaroni in each, to represent
let bone, put on a frill and serve with game sauce made from
arcases, trimmings and giblets, which will be improved if
e roasted before stewing for the gravy.

PHEASANT DAUBIÈRE

at 2 ozs. butter or olive oil in a pan and brown a brace of
ants in it on all sides. Take out the pheasants and throw in
sliced onions. Cook until lightly browned. Place in a
role with the birds on top ; add 2 glasses port wine, ½ pint
veal stock, and around the birds place 1 lb. chipolata

sausages. Lastly add 6 truffles and seasoning to taste. Cover all tightly, and cook in the oven for from 1 to 1¼ hours at 400°F.

When done, take up the birds, cut into neat joints, return them to the casserole, and serve at once.

PHEASANT À LA GITANA

Heat 4 ozs. diced ham or bacon in 2 ozs. of butter. When quite hot, place a brace of pheasants in the fat and brown nicely all over. Place the pheasants in a casserole and to the hot fat add ½ lb. sliced onions, ½ lb. sliced tomatoes, and sauté until soft, but not too browned; pour all this mixture over the pheasants, together with a good helping of red wine; sprinkle with salt and pepper, cover tightly, and cook in the oven at 400°F. from 1 to 1¼ hours, or until tender.

Take up the pheasants, cut into neat joints, return them to the casserole, and serve at once.

PHEASANT, GRILLED

Old birds are useless for grilling, so choose a brace of nice young birds that have been hung for a week or 10 days in their feathers.

Pluck, singe and draw the birds, and split in two. Brush each half over with melted butter and sprinkle with salt, pepper and cayenne. Grill the birds under a pre-heated grill for from 20 to 30 minutes, depending on the size of the birds, turning occasionally and brushing over with more butter from time to time, as the grilling will indicate.

Dress on a bed of watercress and serve with Mushroom Sauce.

PHEASANT, HASHED (Using left-over Pheasant)

Cut up the left-over pheasant into neat pieces and make a oncentrated stock from the bones, skin and giblets. Make a ch brown sauce from the pheasant stock, adding a little parsley, ıyme, a small minced onion, 1 bay leaf, and a glass of red wine. immer that sauce from 10 to 15 minutes, then strain it, and ut in the pieces of pheasant. Heat to almost boiling point, ut do not allow to boil once the pheasant is added, or it will ecome tough. A few sliced fried mushrooms may be added, if esired.

PHEASANT À LA LIVOURNAISE

Into a casserole place a layer of sliced ham, then a layer of eeled mushrooms, and sprinkle well with pepper. Stuff a race of pheasants with Chestnut and Mushroom Stuffing, and ace them on top of the mushrooms. Cover the pheasants with ore slices of ham, adding 2 glasses of red wine. Cover tightly d cook in the oven at 400°F. from 1 to 1¼ hours. Serve with auce Piquante.

PHEASANT WITH MACARONI

Roast or braise a brace of pheasants as described under that ading. While they are cooking, boil ½ lb. macaroni elbows boiling salt water, drain well, and toss in melted butter till ll lubricated and quite hot. Spread the macaroni over a dish, rinkle with freshly chopped parsley, and dress the cut-up easants on the surface. Serve with rich game gravy.

PHEASANT À LA MAINTENON

Cut the fillets from the breasts of a brace of pheasants, dip em in very thick cream sauce and roll into finely chopped ushrooms. Wrap each fillet in well-buttered greaseproof per, and bake in a casserole from 45 to 50 minutes. Serve th thick game gravy.

See that the cream sauce is well seasoned.

PHEASANT MARQUISE

This dish is a mixture of pheasant fillets fried and Pheasant à la Maintenon. Half of the fillets are egg and crumbed and the other half cooked à la Maintenon. The fillets are dressed in a circle alternately, and served with a creamy game sauce.

PHEASANT AUX MARRONS

Stuff a brace of pheasants with Chestnut Stuffing and braise as described under that heading. Serve with a chestnut sauce.

PHEASANT MULLIGAN

Cut a brace of young pheasants into neat serving portions, place in a pan and cover with stock or water. Add 4 ozs. diced carrot, 2 ozs. diced onion, 2 ozs. shredded cabbage, and cook slowly until almost done. Now add 5 ozs. diced raw potato, 2 ozs. butter, and a sprinkling of salt and pepper. Cook a further 5 minutes. Meanwhile, make 8 small milk dumplings and drop these in. Finish cooking, which will take 12 to 15 minutes, and serve.

PHEASANT WITH MUSHROOMS

Peel ½ lb. mushrooms, slice, and mix with 1 oz. melted butter and a little pepper and salt. Stuff a plump pheasant with this mixture, wrap in slices of fat bacon, and roast in the usual manner. Serve with rich game gravy.

PHEASANT À LA NORMANDE

Peel and core 1 lb. Bramley apples ; chop coarsely and fry gently in hot butter. Place the apples in the bottom of a casserole and brown a brace of pheasants in the butter in which the apples were fried. When the pheasants are nicely browned all over, place them on the bed of fried apples. Pour 1 pint thin rich cream sauce over the pheasants, cover tightly, and cook in the oven at 400°F. from 40 to 45 minutes, or until the birds are quite tender. Serve the birds in the casserole.

PHEASANT PIE (I) (Using left-over Pheasant)

Line a buttered pie-dish with slices of lean cooked ham, cover ith a thick layer of pheasant meat picked from any left-over heasants. Top up with well-seasoned thin Mushroom Sauce, ver with puff pastry, brush with egg, and bake at 450°F. for e first 15 minutes, and then at 375°F. for the next 30 minutes.

PHEASANT PIE (II)

Braise a brace of pheasants and strip off all the meat. Cut to 1-inch lengths.

Heat 2 ozs. butter in a pan and cook 2 ozs. diced onion till nder. Throw in 4 ozs. diced lean ham, 2 ozs. sliced mush-ooms, 2 ozs. cooked macaroni, and toss all well with a little lt and pepper. Mix all together with the pheasant and pack to a pie-dish, top up with claret gravy, cover with puff pastry, rush over with egg. Bake at 450°F. for the first 15 minutes, d then at 375°F. for the next 30 minutes, when the pie should e nicely baked.

PHEASANT CHAUD-FROID À LA PRINCESSE

Roast a brace of young pheasants and let get cold. Cut the llets from the breasts and cut each fillet into 2 nice pieces. oat half the pieces with plain mayonnaise cream, and the other alf with tomato mayonnaise cream. Chop 1 lb. of aspic jelly ery fine, and arrange the fillets on the bed of aspic.

Poach 2 oysters to each fillet, and when cold dip half in plain ayonnaise cream and the rest in tomato mayonnaise cream. ow top the coated fillets of pheasant with the oysters, placing ose dipped in plain mayonnaise on the fillets coated with mato mayonnaise and vice versa. Garnish with watercress d serve a celery mayonnaise salad.

PHEASANT, ROAST (I)

Read all there is to learn under the headings of: To ch
Pheasant, To Hang Pheasant, and To Truss Pheasant.

Having properly chosen and hung the birds, pluck, singe
draw them. Sprinkle inside and out with salt and pepper,
over lightly with sweet olive oil, truss firmly, and wrap the b
in thin slices of fat ham or bacon (the unsmoked is the be
Place them in a roasting pan and roast at 450°F. from
to 50 minutes, according to the size and age of the bird.
young and well hung, 40 minutes will be plenty long enou
Ten minutes before the birds are due to be taken up, remove
bacon fat quickly, dredge with flour, and return to the oven
finish cooking.

Remove all trussing strings and dress on a bed of watercr
Serve with Bread Sauce, fried crumbs and rich brown gr
made from the roasted giblets.

PHEASANT, ROAST—OTHER WAYS

Pheasants may be stuffed with sliced buttered mushroo
celery stuffing, chestnut stuffing, chestnut and mushro
stuffing, or cashew nut stuffing. In each case, the dish sho
be named:

Roast Pheasant, Mushroom Stuffing
" " Celery Stuffing
" " Chestnut Stuffing
" " Chestnut and Mushroom Stuffing
" " Cashew Nut Stuffing

For those who have never tried cashew nut stuffing with ga
there is a real treat in store, or alternatively, plain roast ga
served with cashew nut sauce is the epicure's delight. Ro
the birds in the usual manner, but at a slightly lower temperatu
of 425°F. and roast for 10 to 15 minutes longer. Rememb
with an unstuffed bird the heat quickly penetrates through
way of the vent, but when stuffed the bird is solid, taking lon
to cook, and the longer it takes to cook food, the steadier mu
be the oven.

PHEASANT, SALMI OF

Roast a brace of pheasants rare, and cut each into neat joints (2 wings, 2 legs, 2 pieces of breast). Skin the pieces and put the skin in a pan with the carcases of the birds and the roasted giblets, together with 1 pint cold water, and bring to the boil.

Melt 1½ ozs. butter in a heavy frying pan and throw in 2 ozs. sliced onion, 1 stalk of celery, and 1 sliced carrot; sauté all till nicely brown and sprinkle with 1½ ozs. flour. Add slowly the game stock, stirring constantly till thick and creamy; return all to the pan with the bones, etc., and allow to simmer with the rind of ½ lemon, 1 glass red wine, 1 sprig parsley, 1 sprig thyme, and a small bay leaf.

When the sauce is reduced to three-quarters of its original volume, strain it into another pan, adding the pieces of pheasant and a sliced truffle. Heat to nearly boiling point, taste for seasoning, and serve with fried croûtons.

PHEASANT SOUBISE

Heat 3 ozs. butter in a casserole, add 1 lb. sliced onions, sprinkle with pepper and salt, and place a brace of pheasants on the top, prepared with bacon as for roasting. Pour over the top 1 pint thin cream sauce, cover tightly, and cook in the oven at 425°F. from 1 to 1¼ hours. Take up the pheasant, cut into neat joints, lay them on a dish and keep warm.

Pass the onions and sauce through a fine strainer, reboil, taste for seasoning, and pour over the pheasant and serve. Small fried button onions may be served around the dish if desired.

PHEASANT, STEWED

Place a brace of pheasants in a pan of boiling stock, together with an onion stuck with 2 cloves, 4 sticks of celery, 1 sliced carrot, a small bunch of parsley, and a little salt and pepper. Simmer all gently until the birds are tender, which will be in about 1½ hours. Take up the birds and serve with Celery Sauce.

PHEASANT, STUFFED

See Pheasant, Roast, and the various types of stuffing whic can be served with a roast pheasant. Each stuffing will be foun under its appropriate heading in the section " Sauces, Stuffing and Garnishings".

PHEASANT VICTORIA

Scald 24 oysters and mix them with 4 ozs. finely diced baco or ham, 1 teaspoonful of chopped parsley, 6 ozs. breadcrumbs 2 ozs. melted butter, and a little salt and pepper.

Stuff a brace of pheasants with this mixture, wrap them wel in thin slices of bacon, and roast in the usual manner. Serv with Oyster Sauce.

PIGEON (*Pigeon*)

In the Middle Ages the pigeon loft supplied meat daily t wealthy houses, at least for a good part of the year. Pigeon houses standing alone in a field can still be found on the estates of many old houses or halls in Essex.

A pigeon needs to be young to be appreciated at table. Old birds which can only be stewed or cooked in casserole are dry and insipid. In the south of France, many establishments have a dovecote to ensure a regular supply of young birds, which, cruel to relate, are smothered to death. This is supposed to save any loss of blood in killing, resulting in a better flavoured bird. We in England choose to buy them from the poulterer or market, but all too often they are found to be old and tough.

Young pigeon roasted or baked whole in a pie can be really delicious fare, but alas, how often are we offered young birds? Hence a prejudice against the pigeon.

(*See also Squabs*).

o Carve Pigeons

Even the best of pigeons are only sufficient for 2 persons, nd the most straightforward plan is to split the birds clean in vo in the kitchen, before bringing them to table. To do this, ne knife is carried entirely through the centre of the bird. Vith the head of the bird facing you, point the knife at the vent nd draw it smartly along the full length of the breast bone nd with a little pressure from both hands press the knife right nrough the backbone. Lay the halves inside down on the dish.

o Choose Pigeons

Young birds are, of course, always preferred to old ones. he young birds can be detected by their small pinkish legs nd the downiness under the wings. As they grow older, the gs become larger and darker in colour, and the feathers are nore mature. The older birds are best suited for boiling, en asserole, and stewing. Don't use old birds for a pie, as the ie crust will become dry before the birds become tender.

o Truss Pigeons

Pigeons are best drawn directly they are killed, and cooked vithin 3 or 4 days. They need to be very carefully plucked, inged and cleaned, washed well, and dried with a clean cloth. Cut off the head close to the body (saving the neck to roast vith the birds to help make the gravy) and the feet at the first oint. Run a needle and fine string through both legs and body, ring the string up round the rump and tie the legs up closely to it. The old way of leaving the legs and toes on and crossing them, nakes it difficult to split the birds, if done at the table. In any ase, it is quite unnecessary and tedious.

PIGEONS, BRAISED

Stuff 4 pigeons with good Veal Forcemeat nicely flavo with grated lemon. Truss them.

Into a braising pan place 4 ozs. diced bacon or ham, with 1 butter and a sliced onion. Heat and toss well, add the pige and brown these a little on all sides. Tie together 2 sp of parsley, a sprig of thyme, 1 bay leaf, and add this to the p with a little salt and pepper and 1 pint good clear stock. Co all with buttered paper and place the lid on tightly, cook as gently as possible until tender.

Take up the birds and keep hot, while the gravy is redu by rapid boiling to half its volume. Glaze the birds with reduced stock and serve with green peas or mushrooms sauté

PIGEONS, BROILED

Pigeons are best split open down the back and flattened w a broad knife, rather than left whole for broiling, as they more easily and evenly cooked that way. Having split birds down the back and flattened them, dip them in virg olive oil and sprinkle with salt and pepper. Broil under pre-heated grill, turning once or twice, and brushing with mo oil if required. Broil until nicely browned all over, and ser with Tomato or Mushroom Sauce.

PIGEONS EN CASSEROLE

Truss 4 pigeons and wrap each in a slice of fat ham or bacc fry them in dripping or butter until a light golden brown, a place them side by side in a casserole. Around the pigeo place a few peeled mushrooms and some small button onion add a large glass of red wine, salt and pepper, and sufficient sto almost to cover them. Cook the birds under tight cover f from ¾ to 1 hour very gently, and send to table in the casser in which they were cooked.

PIGEONS, COMPOTE OF

Stuff 4 pigeons with Veal Forcemeat, nicely flavoured with non, and prepare them in the same manner as Pigeons en sserole, but leave out the wine and add ½ lb. quartered matoes. As the birds are stuffed, they will take from 10 to 15 nutes longer to cook.

PIGEONS À LA CRAPAUDINE

Split 4 pigeons down the back and flatten with a broad knife chopper, sprinkle with salt and pepper, dip into well-beaten g, and roll into breadcrumbs, dash with melted butter and ok very gently under a pre-heated grill until nicely browned d tender.

Sprinkle with a little lemon juice and serve with Tartare Sauce.

PIGEONS, CURRIED

Cut 4 pigeons into 4 pieces and fry them in hot fat until a ce golden brown. Prepare 1 pint of good Curry Sauce, as scribed under that heading, and while quite hot drop in the eces of pigeon and simmer gently from 30 to 40 minutes, until nder.

Boil 2 ozs. rice in salted water and wash it well. Form a rcle of the cooked rice around the edge of the dish and pour e curry in the centre. Serve with chutney and a sprinkling freshly chopped green parsley.

PIGEON CUTLETS

Split 4 pigeons each in half, remove the backbone carefully d fasten the leg to the breast with a thin skewer, to retain its ape. Lay in a buttered casserole, sprinkle with salt and pepper d a few breadcrumbs mixed with a little freshly chopped rsley. Bake in a sharp oven from 20 to 30 minutes.

Serve with ½ pint rich brown gravy, in which has been dissolved ozs. redcurrant jelly.

PIGEONS EN FRICANDEAU

Split 4 pigeons each in half and lay them in a casserole o bed of chopped leeks. Cover each half bird with a small sl of bacon, sprinkle with salt and pepper and three-quarters co with veal stock. Cover closely, and cook in the oven fr 25 to 35 minutes, when they should be done.

Strain off the liquor into a saucepan, and reduce by ra boiling to half its volume. Pour it back over the birds a serve in the casserole in which they were cooked.

PIGEONS, FRIED

Dip 4 young pigeons in clarified butter and dredge with flo

Dice 4 ozs. bacon and place in a heavy frying pan with t pigeons, season with salt and pepper and turn and toss them abo until they are nicely browned all over which, if the heat has n been too fierce, will be in about 20 to 25 minutes. Now ta them up, dip them in batter, and fry them in deep hot fat.

Serve with brown gravy and redcurrant jelly.

PIGEONS, GRILLED

Split 4 pigeons down the back and flatten them with a choppe sprinkle them inside and out with salt and pepper and dip the in olive oil. Grill them under a pre-heated grill about 2 minutes, turning frequently and brushing with more oil required.

Serve with Tomato or Mushroom Sauce.

PIGEONS IN THE HOLE

Split 4 pigeons each in half, season lightly, and rub the inside with a little butter. Heat a greased baking dish and lay th pigeons in, about 1 inch apart.

Beat up a good batter made with 3 ozs. flour, 2 eggs, a litt salt and pepper, and reduced to the right consistency with abou ½ pint of milk. Pour the batter over the pigeons and bake a 400°F. for from 25 to 30 minutes.

Serve with Mushroom Sauce containing the juice of ½ lemon

PIGEONS, JUGGED

Stuff 4 pigeons with Veal Forcemeat, fry them a light golden rown in dripping, and place them in a stew jar with 4 ozs. of ghtly fried onion, 1 pint thin brown sauce, and 1 glass claret. tand the jar in a baking tin of hot water and cook in the oven r 30 minutes. At this stage, add 8 or 12 fried stuffing balls, nd cook a further 10 to 15 minutes.

Serve with gooseberry or redcurrant jelly.

PIGEONS À LA MAZARINE

Cut 4 pigeons in halves and spread them with pork sausage-eat in the insides, dip them in well-beaten egg, and roll into readcrumbs. Fry them gently, and serve with Tomato Sauce.

PIGEONS À LA MODERNE

Proceed as for Pigeons à la Mazarine, but use liver sausage, ubbed down with a little egg to make it pliable, with which to pread the birds.

PIGEONS À LA NIVERNAISE

Braise 4 pigeons as described under that heading, cut each ird in half and dress them on a bed of mashed or creamed rnips.

PIGEONS EN PAPILLOTES

Split 4 young pigeons down the back and fill them with liver ausage rubbed down with a little butter and finely minced onion. eason well with salt and pepper and dip each bird in olive oil. Grease 4 sheets of greaseproof paper, lay a sprig of thyme nd parsley on each and lay the bird in the centre. Enfold the irds in the paper, giving the ends a good twist to prevent the scape of steam. Bake the birds in an oven at 425°F. from 30 o 40 minutes. Send to table in the paper without any sauce.

PIGEON PIE

Cut ½ lb. steak and ½ lb. ham into thin strips, about 2 inche long. Place a layer of the mixed strips in the bottom of a pie dish, season well, and place a sliced hard-boiled egg on top of thi Cut 4 pigeons each into 4 equal pieces, and place these on to of the egg; sprinkle with more seasoning. Add another slice hard-boiled egg, a sprinkling of chopped thyme and top wit the remainder of the strips of meat. Fill the pie-dish to withi ½ inch of the top with stock or water, and cover with good pu pastry. Brush over with egg, and bake in an oven for the firs 15 minutes at 450°F. and the next 40 minutes at 375°F.

Take up the pie, top up with more hot stock if required, an serve.

If the pie is to be eaten cold, cover with short crust, and ad 3 broken leaves of gelatine to the meat.

PIGEON PUDDING

Cut 4 pigeons each into 4 pieces, discarding the backbones Dice 6 ozs. ham and 6 ozs. beefsteak and mix with the pieces o pigeon, adding a teaspoonful of chopped parsley, ½ teaspoonfu chopped thyme, 2 ozs. sliced mushrooms and a good sprinklin of salt and pepper.

Line a basin with good suet crust, and fill with the mea mixture and ¼ pint good clear stock. Cover with a lid of sue crust, making sure to pinch it well at the edges to form a perfec seal.

Do not boil the pudding, but steam it for 2½ hours.

PIGEONS, ROAST

Pluck, singe, draw and truss the birds, placing a little kno of butter inside each bird and sprinkling them inside and ou with salt and pepper before finally tying the trussing strin around the vent. Wrap each bird in a slice of fat bacon or ham and roast at 425°F. from 25 to 30 minutes, according to the siz and age of the birds, removing the bacon 5 minutes before th birds are taken up, to allow them to brown nicely.

Take up the birds, pour off the fat from the baking pan, and vill it round with a little stock or water to form a gravy. Serve ith a nicely dressed watercress salad, and the birds on a slice toast or on a croûton of fried bread.

The gravy will be much improved if the giblets and feet are asted around the birds and boiled in the stock or gravy when villing the roasting pan. Alternatively, serve with Mushroom, omato or Piquante Sauce.

PIGEONS, STEWED

Using 4 birds, cut each into 4 pieces and fry them in butter dripping to a light golden brown. Prepare a nice brown sauce om the giblets, feet and surplus bones, adding a glass of claret. o the sauce add 2 sliced carrots, the pieces of pigeon, and stew ently from 35 to 40 minutes. Then add ½ lb. shelled peas nd cook until tender.

Meanwhile, bake about 12 button onions and add these just efore serving.

PIGEONS, STUFFED

The pigeon livers should never be thrown away, but finely inced and used in the forcemeat for stuffing the birds. Mince he livers finely and mix them with twice their volume of suet, wice their volume of breadcrumbs. Add a little pepper and alt, some chopped parsley and thyme, a pinch of mace, and bind ll together with beaten egg. A little claret mixed with the tuffing will greatly improve it.

For those who prefer young pigeons roasted without any tuffing, try a bay leaf placed in the bird before trussing, but e sure to remove it before sending the bird to the table.

PINTAIL or SEA PHEASANT (*Pilet*)

The pintail is a wild waterfowl, popularly so named becaus of its long tail feathers of greenish-black. The head and throa of the male are of greenish-brown, the neck is especially lon and slender, the back being marked with waving black line The breast and under parts are white. The upper part of th female is mottled grey, yellow and brown, its tail shorter tha that of the cock bird.

It is highly esteemed by epicures.

PINTAIL, BRAISED

Heat 2 ozs. of butter or good oil in a pan, toss in 2 ozs. slice onion, 2 ozs. sliced carrot, and 2 pintails dusted with flour an split in halves. Cook gently for 10 minutes, until the vegetable and pintails are nicely browned; turn all into a braising pan o closely fitting casserole, with 2 ozs. sliced mushrooms, 2 sprig parsley, 1 sprig thyme, 1 small bay leaf, and a good sprinklin of salt and pepper. Add 1 glass of red wine and ½ pint of stock or if no red wine, 3 ozs. redcurrant jelly. Cover closely and coo from 30 to 40 minutes, in an oven at 425°F.

Serve from the pan in which they were cooked.

PINTAIL, TO ROAST

Treat the birds exactly like pheasants. Being smaller, they will only require 25 to 30 minutes, if young birds. If they are old, then braise them.

Serve with a nicely dressed watercress salad, fried crumbs Bread Sauce and gravy.

LOVER, GOLDEN, GREY, and GREEN or NORFOLK (*Pluviers*)

There are three members of the plover family available to stronomes of these Islands, the favourite being the golden over, because of its delicacy of flavour. Next in order of erit is the grey plover. These two are still fairly plentiful northern counties. The green plover, which is better known der the name of lapwing or peewit, is not so abundant, and cks in flavour. Its size is not much bigger than a sparrow, hile the grey plover will grow to the size of a woodcock.

The golden plover is so called from its golden-speckled upper umage, and is especially distinguished by the great spread of wings.

The grey plover can be distinguished by its black and white per plumage, with no yellow spots. In young birds the umage markings are less well defined, but this is no drawback distinction of the grey plover, which has only three toes—it velops no hind toe—and, of course, is larger than the golden over.

(*See also Lapwing*).

o Carve Plovers

Plovers, like pigeons and partridges, when young are just fficient for a healthy appetite, but when served at a dinner with any courses, are best split in two (*See : To Carve Pigeons*).

o Choose Plovers

Plovers, when in good condition and fat, are hard at the vent. the vent be thin and flabby, they are no good. The feet in e young are soft and pliable ; with age they become dry and ff. When killed, plovers will keep for quite a long time, d are best 14 days after being trapped or shot.

To Truss Plovers

Pluck the birds when they have been killed about 14 da (weather permitting), and wipe them on the outside with a dam cloth. Do not draw the birds, but cut off the head close to th body and leave the feet on, but brush them and scrape them clea If the birds are wrapped in bacon, then the legs can be tied clo to the body when tying the slice of bacon around the bird. Fo ornate, private occasions, the head is not cut off, but tucked i under the wing, the plover being roasted undrawn, completel whole.

PLOVERS' EGGS

The buying or selling of plovers' eggs is now prohibited b law. If you are fortunate enough to stumble across a clutc of plovers' eggs, only take 2 out of the 4 which will usually b found in the nest. They are slightly smaller than a gull's eg and, of course, have no fishy flavour.

To cook plovers' eggs, place them in fast boiling water an immediately reduce to a very slow simmer for 3 minutes. Pul them away from direct heat and leave in the water another minutes, when they will be nicely hard-boiled, this being the wa gastronomes appreciate them most.

PLOVER, FILLETS OF, AUX CHAMPIGNONS

Roast some plovers as described under the heading for roasting Cut the fillets from the breasts and dress them on pieces of toas spread with the trail, arrange them in a circle with a heap o fried mushrooms in the centre, and serve with game sauce o gravy.

PLOVERS, FRIED

Truss 4 plovers as described for roasting, fry them gentl in a little oil or butter for from 10 to 12 minutes, tossing and turning them so that they become brown all over. Take them up, sprinkle well with pepper and salt, dip them in a milk and egg batter, and fry them steadily in deep fat for 15 minutes.

Serve with Truffle Sauce.

PLOVERS À LA MODERNE

Bone 4 birds and cut each neatly in half. Work 8 ozs. liver
usage down to a nice smooth pliable paste with a little butter,
read each piece on the inside with the liver paste ; dip in egg
d roll them in breadcrumbs, and fry steadily in deep fat from
to 12 minutes. Place each half on a circle of buttered toast
d serve with Tomato Sauce.

PLOVERS À LA PERIGUEUX

Roast as described under that heading and split the birds in
o, laying each half on a piece of toast spread with the trail.
ake a brown gravy, adding a glass of white wine, and load it
th truffle cut julienne style. Pour the sauce over the birds
d serve.

PLOVER PIE

Line a pie-dish with slices of ham and cover the bottom with
eled mushrooms. Split as many plovers as will fill the dish,
ling up the gaps here and there with more peeled mushrooms
d slices of hard-cooked egg. Sprinkle with pepper, but be
reful with the salt because of the ham content ; top up with
in brown gravy to within ½ inch of the top of the pie-dish.
Cover with puff pastry, brush well over with beaten egg, and
ke at 450°F. for the first 15 minutes, and then at 375°F. for
minutes. Take up the pie, add more hot gravy if desired,
d serve.

PLOVERS, TO ROAST

Pluck the birds, cut off the heads close to the body, but on
account draw them, for the trail is held in very high esteem.
Butter a slice of toast for each bird to be roasted, and place
ese slices 2 inches apart in a roasting pan. Wrap each bird
a slice of fat bacon and tie firmly with string, which will also
old the legs close to the body. Place each bird on a piece of
ast, and roast at 420°F. for from 20 to 25 minutes, all depending
n the taste of mine host or guest.

Unwrap the birds and flash under a hot grill to brown the replace them on the toast and dress on a dish with watercre Serve them with gravy containing a little lemon juice to make slightly acid, or serve with oiled Lemon Butter.

The great thing to ensure is that all the trail which dro from the birds is safely gathered upon the slices of toast and n allowed to run to waste in the roasting pan. Of course, if y have an open fire or a spit, then by all means skewer the bir and cook them that way, but, sad to relate, such methods cooking are dying out. Speed and high costs no longer allo for these methods.

PTARMIGAN or MOUNTAIN GROUSE
(*Perdrix blanche*)

By some the ptarmigan is considered inferior gastronomicall to the grouse, but having tasted it at perfection, I just cann agree. Its flesh has a peculiar bitter taste, much relished b epicures. It should be stuffed with a bunch of parsley or chervi or both, before roasting.

If not badly shot, and hung 10 to 14 days, it reaches perfection and I would much prefer a properly prepared ptarmigan to a over-roasted young grouse.

It is to be found in Scotland at heights over 2,500 ft. and i the only British bird which turns white during winter. It i about the same size as the red grouse. In Gaelic it is calle " tarmachan".

There are only two ways of cooking a ptarmigan, and thes are to roast the young birds and braise the older ones.

PTARMIGAN, TO BRAISE

Into a braising pan place 3 ozs. diced ham or bacon, 1 slice carrot, 1 sliced onion, 1 small sliced turnip, 1 sprig parsley 1 sprig thyme, 1 bay leaf, ¾ pint good stock.

Stuff the ptarmigans with chestnut and truffle stuffing, wrap them in slices of fat bacon, and lay them in the braising pot; sprinkle with salt and pepper, cover tightly, and braise in an oven at 425°F. from 45 to 50 minutes, until tender. Thicken the liquor in the pan with a little flour and water, strain, and serve with the ptarmigans.

PTARMIGAN, TO ROAST

Young birds, being those shot before the end of November in the same year as hatched, are the only ones suitable for roasting.

Pluck the birds carefully, to avoid tearing the skin. Draw them, and wipe them with a soft cloth, but on no account wash them. Cut off the heads and truss like a fowl. Tie over each breast a thin slice of fat bacon and roast at 425°F. to 450°F. from 35 to 40 minutes, on slices of toast, basting frequently. Five minutes before taking up the birds, remove the bacon and dredge lightly with seasoned flour, to give a nice brown appearance.

Dish the birds on the toast, and serve with giblet gravy, bread sauce and fried breadcrumbs. No other trimmings are required. Older birds, which will not roast, need the various garnishings and extra trimmings to make up for the lack of flavour, only to be found in the younger birds.

QUAIL (*Caille*)

Most quails offered for sale in this country are imported from Egypt. They are chiefly brought over alive, fattened and sent to market. Few, if any, are caught here nowadays in their wild state.

They are tiny birds, and best roasted wrapped in vine leaves. As a meal they are useless, but served as a course at a banquet they are just tantalising enough to make one wish for another. Stuffed, cooked and dressed in aspic, they are much sought after at hunt and county balls. How many present-day debutantes have ever set eyes on one?

Such quails as come your way will keep for several days befo they are dressed.

The Romans rather feared quails, believing that they caus epileptic fits. Not so the Greeks, who devoured them in lar quantities.

To Carve Quails

Quails, like partridges, pigeons and plovers, only afford o portion per bird if young; older birds which need cutting splitting should be braised or stewed. Only when it is a dinn of many courses is a quail split in two, and then only very rarel for on those occasions only the best part of the breast is eaten.

To Choose Quails

Look for soft supple feet, short round spurs, and downy so feathers in the young birds. As they become old, the feet becom hard and thick, the spurs long and pointed, and the feathe become mature. A sure indication of age is that the long fligh feathers become rounded, while in the young they are pointe

To Truss Quails

Pluck, singe and draw the birds if they are old and to be braise stewed, or cooked en casserole. If they are young birds, do n draw them, as they are best left whole and roasted. Cut off th head and neck close to the body and the wings to the first pinion Truss the legs close to the body with a fine skewer or fine string The skewer will not be required if the birds are roasted an wrapped in a vine leaf and bacon, as it will be found that th legs can be held in position by the string required to wra around the bacon.

QUAILS IN ASPIC

Bone 4 quails by making an incision in the back and takin out the backbone and breast bone, leaving the legs and first joint Stuff each bird with foie gras or liver farce. Shape the birds t their original form and wrap each in muslin quite tightly to hol in position during the cooking process.

Now braise the birds as described under that heading. When ked, leave in their muslin bags and set to cool, unwrap, and each bird in half lengthwise. Line some oval paper soufflé es with small leaves of lettuce hearts, lay a half bird in each e, and coat the surface of each bird with aspic jelly on the nt of setting. Repeat the process of coating with aspic y until a layer of about $\frac{1}{8}$ inch is formed. Garnish round the es with chopped aspic jelly, and serve.

QUAILS À LA BEACONSFIELD

Wrap each bird in a slice of bacon and braise as described der that heading. While the birds are braising, cook some ung green peas and press them through a strainer to form a rée ; add pepper and salt and a little butter. Take up the birds, sk each with the purée, and serve with Mushroom Sauce.

QUAILS, BRAISED

Into a braising pan toss 2 ozs. butter, 1 sliced onion, 1 sliced rot, 1 small sliced turnip, a bouquet garni, 4 ozs. diced bacon ham, salt and pepper. Heat all till vegetables are a light own. Place the quails on top of the browned vegetables, add lass of sherry and 3 times the volume of stock or water, cover htly, and braise in a hot oven from 25 to 35 minutes, or until ds are tender.

Take up the birds, strain as much liquor from the pan as ssible, almost forcing the vegetables through the strainer. duce this liquor to half its volume by rapid boiling, glaze the ds, and serve.

QUAILS, BROILED

Pluck, singe and wipe the birds, and split each in half length- se with a sharp, pointed knife. Remove the intestines and pe the inside well, sprinkle lightly with salt and pepper and ush over with melted butter or virgin olive oil. Fasten with hin skewer to keep the leg close to the body, and broil under a

pre-heated grill, turning occasionally, and brushing with m oil as required, from 10 to 12 minutes. Spread some sl of toast with Maître-d'Hôtel Butter, and serve each broiled on a piece of the toast. Garnish with fresh watercress and sli lemon.

QUAILS EN CASSEROLE

Into a shallow casserole place a layer of young lettuce lea 2 ozs. sliced mushrooms, 12 button onions, 4 ozs. mixed tru tongue and ham cut julienne style; on this place 6 trussed drawn quails, each wrapped in bacon, sprinkle all with salt pepper, add another layer of lettuce leaves, cover closely cook at 425°F. from 35 to 40 minutes. Send to table in casserole in which they were cooked.

N.B. Quails may be drawn or left whole, but when braisi stewing or serving in casserole, it is usual to draw them.

QUAILS À LA CHASSEUR

In a heavy sauté pan place 2 ozs. butter, 2 sprigs of pars 1 sprig of thyme, 1 bay leaf, and 4 quails. Sprinkle all ligh with salt and pepper, and set them on a very hot part of the sto shake and toss them well from 15 to 20 minutes, until nic browned and tender. Then add 1 oz. flour sprinkled in gradua and shake and toss well. Add a glass of white wine and the sa volume of stock or water, and stir until thick, but do not all to boil rapidly or it will toughen the birds.

Take up the birds, strain the sauce over them, and serve.

QUAILS CHAUD-FROID

Prepare the birds as described for Quails in Aspic, splitt them in half lengthwise when cold. Set the half birds on a d or wire cake cooler. Coat the halves twice with Chaud-fr Sauce and decorate with diamond or fancy shapes of truf glaze twice with melted aspic jelly, and dress on a bed of cr lettuce.

It is a good plan to set each half quail in a lettuce cup wit little chopped aspic around the edge.

QUAILS À LA CRAPAUDINE

Pluck, singe and split the birds in half lengthwise, remove e intestines, and wipe them with a damp clean cloth. Lay e half birds on a dish with sprigs of parsley and thyme, a broken y leaf, a sliced onion, a sprinkling of salt, pepper and ground tmeg, and moisten all with a little olive oil ; cover with another h and allow to stand thus from 2 to 3 hours.

Take up the half birds, flatten with a chopper, dip first in aten egg, then roll into breadcrumbs, dab well with melted tter, and cook under a pre-heated grill from 10 to 15 minutes, rning the birds from time to time, adding more butter if quired, to prevent them becoming dry.

Serve with Mushroom or Piquante Sauce.

QUAILS À LA JARDINIÈRE

Broil the quails as described under that heading, dress them a circle on a dish and fill the centre with a mixture of small ung carrots, shaped turnips, peas and beans. Serve with h brown gravy.

QUAILS AUX LAITUES

Grease a deep casserole and place a thick layer of lettuce leaves it, place 4 whole quails wrapped in bacon on the lettuce, and the casserole right to the top with more lettuce. See that the fits tightly, to prevent the escape of steam, and cook in an en at 425°F. from 35 to 40 minutes.

Take up the quails and keep hot. Chop up the lettuce and x it with $\frac{1}{4}$ pint White Wine Sauce, place this upon a dish d set the birds on top. Serve at once.

QUAILS À LA LUCULLUS

Bone and stuff the birds with foie gras, as described in the eparation for Quails in Aspic, then wrap each in a vine leaf, xt in a slice of fat bacon, and finally in a sheet of oiled paper. ast at 450°F. from 15 to 20 minutes, take them up, unwrap em, place each in a paper soufflé case, and coat well with uffle Sauce.

QUAILS MOUQUIN

Into a sauté pan toss 2 ozs. butter, 2 ozs. finely chopp shallot, 2 crushed cloves of garlic, a small bay leaf, 2 cloves, a 12 peppercorns. Stir and toss these until the shallot beg to change colour, then add 4 cleaned and trussed quails, a brown these on all sides in the mixture.

Take up the quails and pour the mixture into a casser add the quails and cover with thin White Wine Sauce, libera flavoured. Cover tightly, and cook in the oven for 15 minut or until birds are tender. Serve in the casserole in which t birds were cooked.

QUAILS AU NID

Split 4 quails in half lengthwise, remove the intestines a wipe clean. Heat some butter or oil in a pan and sauté t halves until nicely browned. Turn them into a casserole a cover them with 1 pint of Truffle Sauce, then cover tightly a cook for 20 minutes.

Meanwhile, cook some artichoke bottoms, drain and shr them, lubricate them with a little melted butter, and form nest-like border of shredded artichokes on a dish. Dress t birds in the centre, pour the sauce over them, and serve.

QUAILS EN PAPILLOTES

Bone the quails, leaving the legs whole, stuff with foie g and shape into their original form. Wrap each bird up rough puff paste cuttings, and then in well-oiled paper. Ba steadily at 400°F. from 30 to 35 minutes. Send to table in th paper wrappings with a boat of Madeira Sauce.

QUAIL PUDDING

Line a basin with suet crust and cover the bottom with diced ak. Split and clean as many quails as will nicely fill the dding, and top up with well-seasoned Mushroom Sauce. d a little more cubed steak to fill up the cavities, and cover h a lid of suet crust.

Steam the pudding gently for 2 hours, and provided you have chopped the mushrooms too fine in the sauce, you have a dding fit for a king.

QUAILS, RAGOUT OF

Split 4 quails in half lengthwise, remove the intestines and e well ; dust with flour and fry them lightly in hot butter or together with 6 ozs. diced ham. Place the quails and ham a pan, together with 2 ozs. sliced mushrooms, 1 oz. stoned es, 1 oz. scalded raisins ; cover with good rich brown sauce, cook very slowly from 40 to 45 minutes. Just before serving, the juice of a large Jaffa orange.

QUAILS AUX RAISINS

Make a forcemeat with the finely minced livers, an equal ght of finely minced bacon or ham, twice the weight of bread-mbs, and moisten all with brandy. Stuff 4 quails with this cemeat, wrap in a vine leaf, then in a slice of bacon, roast for 15 minutes before adding 1 lb. of grapes free from skins and pips. Continue cooking another 5 minutes.

Take up the birds, unwrap them, and arrange them on a dish h the grapes around them. Serve with brandy gravy, which uld be made by swilling the roasting pan out with a glass of ndy and twice its volume of stock.

QUAILS TO ROAST

Pluck and singe the birds, cut off the heads close to the bo but do not draw them. Wipe each bird carefully, and w each in a vine leaf dipped in brandy, then wrap in a slice of ba Butter as many slices of toast as there are birds and place thes least 2 inches apart in a roasting pan ; place a bird on each p of toast and set in the oven at 450°F. from 25 to 30 minu Watch carefully to see that the toast catches the trail.

Take up the birds, swill the roasting pan out with a l stock to form a gravy, and send the birds to table garnished w watercress, a sauceboat of fried crumbs and the gravy.

RABBIT (*Lapin*)

The rabbit is distinguished from the hare by its shorter and feet and absence of black on the ears, and by its sho body.

The wild rabbit weighs from 2 to 3 lbs. while the tame vari reaches 6 lbs. or more in as many months. Some specim range in mature weight from 8 to 20 lbs.

The flesh of the young plump rabbit, both wild and ta makes quite good eating. Those who enjoy a delicate gam flavour will prefer the darker meat of the wild animals, wh others will find enjoyment in the mild, white flesh of domesticated.

Young rabbit is delicious sautéed, when far too often it merely stewed. It ranks high in food value, and should ne be despised because of its cheapness.

Accompaniments for Rabbit

Roast rabbits may be stuffed with thyme and parsley stuffi chestnut stuffing, or cashew nut stuffing, and served with wat cress and thick gravy. Braised, or cooked en casserole, they m be accompanied by stuffed tomatoes, fried forcemeat balls, fr slices of veal, and watercress. Boiled, with bacon, pickled po ham, mushrooms or herbs.

Carve Rabbit

t is a wise plan to cut up the rabbit in neat joints before king, for nothing is more awkward than carving a hare or bit at table. To cut up a rabbit, first ease the hind legs y, by holding the fork firmly across the back and cutting the away with a slicing and outward pressing motion, then repeat process with the fore legs. Next cut the rabbit across its k in the middle, thus dividing it, and with further cuts de each half into 2 pieces, by cutting across the back in a lar manner, giving the carver 8 nice joints to serve.

Choose Rabbits

abbits are best when killed in their first year, about harvest e (end of September) and cooked as soon as possible, for bits do not improve by hanging. If to be hung for use later, they should be paunched straight away. Never hang a bit before it has been paunched. Rabbits vary in flavour, ending on their feed, and certainly the wild warren rabbit be preferred to the tame hutch rabbit, which invariably a cabbage flavour.

he best test of a rabbit for age is a slight firm pressure on front of the lower jaw. If it snaps at the middle (between front teeth) it is young, but if it resists the pressure, then only suitable for stewing. Other indications of age are the e as to be found in hares. Look at the claws. If sharp, are young, but if thick and blunt, then it is a grandparent. ears also need attention, for in the young they are tender can be torn easily, while in the older rabbits the ears are k and stiff and will not tear.

Paunch a Rabbit

is best to have the bench or table covered with old paper his operation. Lay the rabbit on its back, with the hind towards you, and slit open the belly with a sharp knife or ors, cutting the pelt through first, laying it open and care-

fully aside, then cut the inner skin, being careful not to let knife or scissors go too deep. Remove the intestines, saving kidneys, heart and liver, and throwing away the remain Wipe with a damp clean cloth, but do not wash it at this st or the pelt will become difficult to handle when skinning.

To Skin a Rabbit

The poulterer will always skin the rabbit when bought f a shop, but for those who live in the country and have to their first lesson, proceed as follows: Cut the skin round first joint of the hind legs, cutting off the paws complet Push the hind legs up to the belly, holding tight to the which will come away quite easily. Now ease the pelt the rump, snipping the tail bone if it resists normal press Cut off the front paws at the first joint and pull the front through the pelt. If the head is not required, cut it off the pelt complete. If the head is required, it can be lef position.

Pull off the ears by passing a skewer between the skin and head, and pulling them off in the skin.

To Truss a Rabbit

Lay the rabbit on its back, bring the back legs inwards to middle of the belly, and fasten with string. Now repeat process with the front legs, so that the stumps are all poin to the middle. Pass a string through the eye holes and pull head round to the side, fastening it to the string holding the together.

RABBIT À L'AMÉRICAINE (I)

Having chosen your rabbit carefully and well, skin, wash dry thoroughly. Cut the rabbit into 8 neat portions (2 legs, 2 fore legs, and 4 pieces of back), dredge with flour, fry in 2 ozs. dripping until nicely browned on all sides; tak the rabbit, put in a pan with enough stock just to cover it ni and cook gently until tender.

Meanwhile, to the fat in which the rabbit was fried, add 1 oz. r, stir and cook until browned, then stir in ½ pint of hot ato purée, stirring constantly and well till thick and creamy, ucing with ½ pint rabbit stock so as to form a nice sauce, n the aid of the juice of ½ lemon and a little salt and pepper. Lift the rabbit from the remainder of the stock and transfer o the tomato sauce ; simmer 5 minutes more. Serve with a inkling of chopped parsley.

RABBIT À L'AMÉRICAINE (II)

Cut the rabbit into 8 neat joints, dredge with flour, and fry dripping until lightly brown.

Heat 2 cans of tomato soup, add the rabbit, and stew gently il tender, adding a few sliced mushrooms during the last ninutes of cooking, if desired. Serve with a flick of parsley.

RABBIT IN ASPIC

Boil or stew a rabbit as described under that heading, and ow to get quite cold. Strip the meat from the bones and cut o ½-inch cubes. Line the bottom of a mould with cold, but not aspic jelly, and arrange slices of hard-boiled egg in a fancy ttern in the jelly, and let set. Next, place a 1-inch layer of ed rabbit, cover with aspic, and allow it to set ; then arrange -inch layer of diced lean ham, cover with aspic, and allow that set. Repeat another layer of rabbit, and place in the refriger- r until quite firm.

Arrange some lettuce in a salad bowl, unmould the rabbit d arrange on the lettuce. Garnish with small skinned natoes.

RABBIT, BAKED

Rabbit is no longer baked whole, for it is too messy to carve table. Instead, try this method.

Cut the rabbit into 8 neat joints, sprinkle with pepper a salt and wrap each piece in a rasher of bacon or slice of ha Bake in a moderate oven from 45 to 50 minutes, until tend Take up the rabbit, sprinkle a little flour in the baking tin, absorb the fat, and draw in 1 pint stock or milk and wat simmer until thick and creamy, and coat the rabbit with the sau Serve with fried forcemeat balls.

(*See also Rabbit, Roast*).

RABBIT, BAKED AND STUFFED

Should you wish to make a display and roast the rabbit whe then proceed as follows, but, be warned, if you have nev carved a roast rabbit at table before, for it is worse than carvi a shoulder of spring lamb.

Wash and dry the rabbit and stuff it with thyme and pars stuffing, chestnut stuffing, or cashew nut stuffing. The last particularly good. Sew the belly up with string, to keep t stuffing in place, and coat the rabbit well with bacon fat dripping. Curl it nicely in a roasting pan and pour over ½ pint milk and ½ pint water, roast from 50 to 60 minut basting frequently with the liquid.

When cooked enough, take up the rabbit and place on a la dish, thicken the liquid with a little flour and water, and ser with the Rabbit. (*See also Rabbit, Stuffed*).

RABBIT BARBECUE (For Campers)

Paunch, skin, wash and dry the rabbit and cut off its hea make one or two deep cuts in the thick parts of the legs a along the back, sprinkling with salt and pepper inside and o Rub well with oil or dripping and cook it on a rod, stick or pok before an open fire, turning constantly to ensure that the h penetrates all sides.

Divide into neat joints and serve with lemon wedges.

RABBIT, BOILED

Cut the rabbit into 8 neat joints and lay them in salt water for ours, to make the flesh nice and white.

nto a pan, place 1 pint water, ½ pint milk, 2 sliced onions, liced carrots, 1 small sliced turnip, 1 tablespoonful chopped sley, 1 teaspoonful chopped thyme, the pieces of rabbit, l salt and pepper to taste. Bring all slowly to the boil, and mer gently from 45 to 60 minutes, depending on the size l age of the rabbit.

Mix 1 oz. flour with a little cold milk and use this as a thickener inutes before the rabbit is due to be taken up. Serve with led bacon.

RABBIT, BROILED

Soak the pieces of rabbit in cold salt water for 2 hours. Wipe , cut slits or gashes in the thick parts of the flesh, dip in oil melted dripping, and cook under a steady grill, turning asionally. When they are nearly ready, wrap each piece in a ner of bacon and continue cooking steadily until the bacon risp. Serve with rich brown gravy.

RABBIT CROQUETTES

Mince any left-over rabbit with a little chopped parsley, by sing it through the mincing machine three times. Blend h ½ lb. of minced rabbit with ¼ pint thick white sauce, adding per and salt to taste. Let the mixture get quite cold, then into cork shapes about 2 inches long, dip in egg and roll breadcrumbs. Fry in deep hot fat.

Serve with Tomato or Mushroom Sauce.

RABBIT, CURRIED

Prepare 1 pint thick curry sauce and into it toss 1 oz. scalded anas, 2 dessertspoonsful of chutney, and the pickings from a -over rabbit. Simmer all for 10 minutes.

Boil 2 ozs. rice, wash and drain it, and form a circle of the on a dish, heap the curried rabbit in the centre, flick all r with freshly chopped parsley, and serve.

RABBIT CUTLETS

When a rabbit seems too much to cook at once for a sm family, try using it in different ways, such as cutlets, ragout stew and curried.

For cutlets, cut off the legs neatly and set them aside f another day. Using a sharp, pointed knife, remove the fle from the back of each rabbit, keeping it whole. Cut each fil into thin slices, flatten with a chopper or cutlet bat, if you ha one. Lay the pieces on a dish, sprinkle with chopped herb sliced onion, salt and pepper, and a little oil, and allow to sta under cover for 2 hours. Take up the pieces, first fry in butt then egg and breadcrumb them, and fry in deep fat.

Serve with Cashew Nut Sauce, Mayonnaise or Tartare Sauc

RABBIT, FRICASSÉE OF (Brown)

Heat 2 ozs. of fat in a pan, add the minced rabbit liver, 8 o thinly sliced onions, and the rabbit cut into 8 neat joints, thick coated with flour ; fry all till a rich golden brown.

Have ready 2 pints boiling stock and turn the rabbit and oth ingredients into it, together with 2 large sliced carrots, 1 clo of garlic, a bunch of sweet herbs, and pepper and salt to tast Simmer all until tender.

Arrange the rabbit on the dish and strain the liquor, pressi all the vegetables through the strainer to form a purée, re-bo with 4 ozs. sliced mushrooms, and pour over the rabbit.

RABBIT, FRICASSÉE OF (White)

Cut up the rabbit and soak it in salt water for 2 hours, drai and wipe it dry. Place it in a stewpan with 1½ pints veal stoc ½ pint milk, the thin rind of a lemon, a bunch of sweet herb 4 sliced onions, and pepper and salt to taste. Simmer all gent together for 45 minutes, and then thicken with 2 ozs. butt creamed with 1½ ozs. flour, dropped in a little at a time. S gently but well till thickened, add 2 ozs. blanched mushroom and serve with chopped parsley.

RABBIT, FRIED

Proceed as for rabbit cutlets, but cut the rabbit into neat
nts and leave it on the bone.

RABBIT, JUGGED

Follow the directions given for Jugged Hare, omit the stuffing
ls, and add 8 ozs. roasted chestnuts or cashew nuts.

RABBIT, MINCED WITH POACHED EGG

Take the remains of a cold rabbit and strip off the meat from
e bones. Dice the meat into $\frac{1}{4}$-inch cubes and mix with a
arter of its volume of diced boiled bacon or ham. With each
lb. of minced meat, mix $\frac{3}{4}$ pint white or mushroom sauce.
eat to almost boiling point.

Serve each portion on buttered toast, topped with a soft
ached egg.

RABBIT À LA MINUTE

Cut the rabbit into 8 neat joints, sprinkle with salt and pepper
d dredge well with flour. Heat 3 ozs. of butter or fat in pan,
d fry the pieces of rabbit, turning them about until nicely
owned all over. Cover the rabbit with stock or water and add
dessertspoonful of meat extract, 2 tablespoonsful of chopped
rsley, 12 ozs. quartered onions, 1 blade of mace, and salt and
pper to taste. Simmer gently for 40 minutes and add 4 ozs.
tton mushrooms. Continue simmering until tender. Thicken
th a little flour mixed with sherry and serve.

RABBIT EN PAPILLOTES

Cut a very young rabbit into neat joints and lay it on a d smothered with 4 ozs. sliced onions, 1 minced clove of gar 3 sprigs of parsley, 2 sprigs of thyme, 1 small bay leaf, 2 o chives, all moistened with olive oil and sprinkled with s pepper and ground nutmeg. Allow the rabbit to remain cover like this for 2 hours, which is called a marinade. Take up t pieces of rabbit, roll each piece in a rasher of bacon, fold in double layer of oiled paper, and bake at 425°F. from 30 to minutes, or until tender.

Serve with Tartare or Cashew Nut Sauce.

RABBIT PIE (I)

Next to the traditional beefsteak and kidney pie, one mig say that the properly made rabbit pie is second in popularity this country, because of its abundance and cheapness. It true there are many other pies more pleasing, but the rabbit p has a consistent following.

Into a stew jar place a rabbit cut into neat joints, with 8 oz diced ham or bacon, 1 dessertspoonful of chopped parsley, 2 oz finely minced onion, salt and pepper to taste, and if liked a fli of ground mace. Cover with stock or water and three-quarte cook the rabbit under close cover. Next turn the contents the jar into a pie-dish and allow to cool, cover with puff pastr brush over with egg, and bake at 450°F. for the first 15 minute and at 375°F. for the next 40 minutes.

Take up the pie, top up with stock, and serve.

RABBIT PIE (II)

The secret of this pie is to make it when you have some goo ham stock available.

Proceed as Rabbit Pie (I), replace the diced bacon or ham wit beef, and be sure to use ham stock in place of water or pla meat stock.

RABBIT, PILAU OF

Cut the rabbit into neat joints and rub each piece in the follow-
g mixture :

Pass 2 large onions and 2 sprigs of parsley through the mincer
hich will extract the juices), add ½ teaspoonful ground ginger,
juice of 1 lemon, and a little pepper and salt. Having rubbed
pieces of rabbit with this mixture, let stand under cover while
u boil 4 ozs. rice in stock and water until half cooked.

Take up the rabbit with all its mixture, fry until a light golden
own, turn it into an earthenware jar with thin strips of the
non peel and the strained and washed rice on top of it, top
with ham stock or water, cover tightly and cook in a hot oven
om 45 to 55 minutes.

RABBIT PUDDING

Cut the rabbit into neat joints and set aside. Split the head
d put it in a pan with the heart, kidneys, and some ham or
con rinds, cover with water and stew for 1 hour, strain and
ol.

Line a basin with suet crust, dredge the rabbit with flour,
t and pepper, and mix it with 4 ozs. diced ham or bacon.
ace in the basin with a few sliced mushrooms. Moisten the
dding with the cold stock, cover with a lid of suet crust,
aking sure to seal the edges well, and steam the pudding for
hours.

RABBIT, ROAST

Roasting a rabbit whole is now out of favour, it being found
st to portion the rabbit first to save spoilage by cutting up the
bbit hot.

First mix together 8 ozs. sliced onions, 8 ozs. diced bacon,
ozs. small peeled mushrooms, 2 tablespoonsful chopped parsley,
teaspoonful chopped thyme, a sprinkling of ground ginger,
lt and pepper.

Grease a roasting pan liberally with bacon fat or dripp and sprinkle half the mixture over the bottom. Dredge t pieces of rabbit with flour and lay on top of the mixture, throwi the other half over the pieces of rabbit. Add 2 cups of wat or ham stock and cover all with 2 sheets of greased pap tucking the edges well in. Roast at 425°F. from 45 to 55 minut or until tender.

Serve with fried stuffing balls and redcurrant jelly. (*See a Rabbit, Baked*).

RABBIT SCALLOPS (Using left-over Rabbit)

Pick the meat from the remains of a cooked rabbit. Mince finely, and mix with it 1 teaspoonful chopped parsley, sa pepper and a little grated nutmeg. Heat 1 oz. of butter in a p and toss the mince in this until it is quite hot.

Have ready some buttered scallop shells, sprinkle the insi with breadcrumbs and pipe a border of mashed potato arou the edge; fill the centre with the heated minced rabbit, cov with more breadcrumbs, dab the surface with melted butte and brown the scallops in a hot oven, flashing them under t grill before serving.

RABBIT SMOTHERED WITH ONIONS

Cook the rabbit as described for roast rabbit. While it cooking, slice 1 lb. of onions and fry a deep golden brown i dripping. Dress the rabbit on a dish and cover with the fri onions.

Alternatively, the rabbit can be boiled, and the sliced onio boiled, for those who prefer a boiled onion flavour to the fried.

RABBIT STEW

Heat 2 ozs. of butter in a pan, add 8 ozs. sliced onions, 2 oz celery, 6 ozs. diced bacon or ham, and the cut-up rabbit. To and fry all until a deep golden brown, then dredge with sufficie flour to absorb all the fat. Next add 2 pints stock slowly,

uquet garni (parsley, thyme, bay leaf), and salt and pepper to te, cover closely, and simmer gently for about 1 hour or until der. Just before serving, add 1 glass of claret if desired.

RABBIT, STUFFED

Fill a young rabbit with Veal Forcemeat and wrap it well h rashers of bacon, tying with string to hold all in position. y the rabbit in a roasting pan and cook for 30 minutes, then ur 1½ pints of milk in the pan and baste it well with the milk m time to time, for the next 45 minutes. When fully cooked, ss the rabbit on a dish, thicken the liquid in the pan with a le flour and water, flavour with the juice of ½ lemon, and ur over the rabbit.

See also Rabbit, Baked and Stuffed).

RABBIT À LA TARTARE

Bone the rabbit and cut into neat pieces, sprinkling with ll-seasoned French salad dressing, and allow to stand 2 hours. y the pieces, dip in well-beaten egg and roll into breadcrumbs, ap each piece in a rasher of bacon, and cook in the oven for minutes, or until tender.

Serve with Tartare Sauce.

WELSH RABBIT (WELSH RARE-BIT)

This is not a meat dish, but it is felt some explanation is essary for those who may not be experienced and expect to d a recipe for it in these pages.

The original dish is composed of a thick slice of buttered st topped with a slice of Cheshire cheese and placed in front he fire until the cheese begins to bubble and take on a toasted earance. Nearly every apprentice entering a large kitchen on first day is expected to bring up the Welsh rare-bit from the at or poultry larder.

RAIL (*Râle*)

The rail abounds in these Isles and is excellent fare roast or cooked in a pie.

The body is broad and blunt behind and very narrow in fro this shape enabling them more readily to make their way through, and around the tall reeds of their marshy homes.

Plucked, and ready for market, they average 2½ to 3 lbs. p dozen.

The plumage is of various shades of brown above and yellowis white below, rendering the bird very inconspicuous. Its be is long and partly red.

To Carve a Rail

Even the best of rails is only sufficient for 2 persons, and t most straightforward plan is to split the birds clean in two the kitchen, before bringing them to table. To do this, t knife is carried entirely through the centre of the bird. With t head of the bird facing you, point the knife at the vent and dra it smartly along the full length of the breastbone and with little pressure from both hands press the knife right through t backbone. Lay the halves inside down on the dish.

To Choose Rails

Young birds are, of course, always preferred to old on The young birds can be detected by their small pinkish legs a the downiness under the wings. As they grow older, the legs b come larger and darker in colour, and the feathers are mo mature. The older birds are best suited for boiling, en casserol and stewing. Don't use old birds for a pie, as the pie crust w become dry before the birds become tender.

Truss Rail

Rails are best drawn directly they are killed, and cooked within r 4 days. They need to be very carefully plucked, singed and ined, washed well, and dried with a clean cloth. Cut off head close to the body (saving the neck to roast with the ds to help make the gravy), and the feet at the first joint. n a needle and fine string through both legs and body, bring string up round the rump and tie the legs up closely to it. e old way of leaving the legs and toes on and crossing them, kes it difficult to split the birds, if done at table. In any case, s quite unnecessary and tedious.

RAIL, BRAISED

Stuff 4 rails with good Veal Forcemeat nicely flavoured with ted lemon. Truss them.

nto a braising pan place 4 ozs. diced bacon or ham, with 1 oz. ter and a sliced onion. Heat and toss well, add the rails brown these a little on all sides. Tie together 2 sprigs parsley, a sprig of thyme, 1 bay leaf, and add this to the pan, n a little salt and pepper and 1 pint good clear stock. Cover with buttered paper and place the lid on tightly, cooking as tly as possible until tender.

Take up the birds and keep hot, while the gravy is reduced rapid boiling to half its volume. Glaze the birds with the uced stock and serve with green peas or mushrooms sautéed.

RAIL, BROILED

Rails are best split open down the back and flattened with road knife, rather than left whole for broiling, as they are e easily and evenly cooked that way, Having split the birds n the back and flattened them, dip them in virgin olive oil sprinkle with salt and pepper. Broil under a pre-heated , turning once or twice and brushing with more oil if re- ed. Broil until nicely browned all over, and serve with nato or Mushroom Sauce.

RAIL EN CASSEROLE

Truss 4 rails and wrap each in a slice of fat ham or bacon fry them in dripping or butter until a light golden brown, and place them side by side in a casserole. Around the rails place a few peeled mushrooms and some small button onions, add a large glass of red wine, salt and pepper, and sufficient stock almost to cover them. Cook the birds under tight cover for from ¾ to 1 hour very gently, and send to table in the casserole in which they were cooked.

RAIL, COMPOTE OF

Stuff 4 rails with Veal Forcemeat, nicely flavoured with lemon and prepare them in the same manner as Rails en Casserole but leave out the wine and add ½ lb. quartered tomatoes. As the birds are stuffed, they will take from 10 to 15 minutes longer to cook.

RAILS À LA CRAPAUDINE

Split 4 rails down the back and flatten with a broad knife or chopper, sprinkle with salt and pepper, dip into well-beaten egg, and roll into breadcrumbs, dash with melted butter and cook very gently under a pre-heated grill until nicely browned and tender. Sprinkle with a little lemon juice and serve with Tartare Sauce.

RAIL, CURRIED

Cut 4 rails into 4 pieces and fry them in hot fat until a nice golden brown. Prepare 1 pint of good Curry Sauce, as described under that heading, and while quite hot drop in the pieces of rail and simmer gently from 30 to 40 minutes, until tender.

Boil 2 ozs. rice in salted water and wash it well. Form a circle of the cooked rice around the edge of the dish and pour the curry in the centre. Serve with chutney and a sprinkling of freshly chopped green parsley.

RAIL CUTLETS

Split 4 rails each in half, remove the backbone carefully and
en the leg to the breast with a thin skewer, to retain its shape.
in a buttered casserole, sprinkle with salt and pepper and a
breadcrumbs mixed with a little freshly chopped parsley.
e in a sharp oven from 20 to 30 minutes.
erve with ½ pint rich brown gravy, in which has been dis-
ed 2 ozs. redcurrant jelly.

RAIL EN FRICANDEAU

plit 4 rails each in half and lay them in a casserole on a
of chopped leeks. Cover each half bird with a small slice of
on, sprinkle with salt and pepper and three-quarters cover
h veal stock. Cover closely, and cook in the oven from
o 35 minutes, when they should be done.
train off the liquor into a saucepan, and reduce by rapid
ing to half its volume. Pour it back over the birds and serve
he casserole in which they were cooked.

RAIL, FRIED

Dip 4 young rails in clarified butter and dredge with flour.
e 4 ozs. bacon and place in a heavy frying pan with the
, season with salt and pepper and turn and toss them about
l they are nicely browned all over, which, if the heat has not
n too fierce, will be in about 20 to 25 minutes. Now take
n up, dip them in batter, and fry them in deep hot fat.
erve with brown gravy and redcurrant jelly.

RAIL, GRILLED

plit 4 rails down the back and flatten them with a chopper,
nkle them inside and out with salt and pepper and dip them in
e oil. Grill them under a pre-heated grill about 20 minutes,
ing frequently and brushing with more oil if required.
erve with Tomato or Mushroom Sauce.

RAIL IN THE HOLE

Split 4 rails each in half, season lightly, and rub the insi with a little butter. Heat a greased baking dish and lay t rails in, about 1 inch apart.

Beat up a good batter made with 3 ozs. flour, 2 eggs, a lit salt and pepper, and reduced to the right consistency with abo ¼ pint of milk. Pour the batter over the rails and bake at 400° from 25 to 30 minutes.

Serve with Mushroom Sauce containing the juice of ½ lemo

RAIL, JUGGED

Stuff 4 rails with Veal Forcemeat, fry them a light gold brown in dripping, and place them in a stew jar with 4 ozs. lightly fried onion, 1 pint thin brown sauce, and 1 glass clar Stand the jar in a baking tin of hot water and cook in the ov for 30 minutes. At this stage, add 8 or 12 fried stuffing bal and cook a further 10 to 15 minutes.

Serve with gooseberry or redcurrant jelly.

RAIL À LA MAZARINE

Cut 4 rails in halves and spread them with pork sausageme on the insides, dip them in well-beaten egg, and roll into brea crumbs. Fry them gently, and serve with Tomato Sauce.

RAIL À LA MODERNE

Proceed as for Rail à la Mazarine, but use liver sausa rubbed down with a little egg to make it pliable, with which spread the birds.

RAIL À LA NIVERNAISE

Braise 4 rails as described under that heading, cut each bi in half and dress them on a bed of mashed or creamed turnips.

RAIL EN PAPILLOTES

plit 4 young rails down the back and fill them with liver sage rubbed down with a little butter and finely minced onion. son well with salt and pepper and dip each bird in olive oil. Grease 4 sheets of greaseproof paper, lay a sprig of thyme parsley on each and lay the bird in the centre. Enfold the ds in the paper, giving the ends a good twist to prevent the ape of steam. Bake the birds in an oven at 425°F. from 30 o minutes. Send to table in the paper without any sauce.

RAIL PIE

Cut ½ lb. steak and ½ lb. ham into thin strips, about 2 inches g. Place a layer of the mixed strips in the bottom of a pie-, season well, and place a sliced hard-boiled egg on top of this. Cut 4 rails each into 4 equal pieces, and place these on top of egg; sprinkle with more seasoning. Add another sliced d-boiled egg, a sprinkling of chopped thyme and top with the ainder of the strips of meat. Fill the pie-dish to within ½ inch he top with stock or water, and cover with good puff pastry. sh over with egg, and bake in an oven for the first 15 minutes 50°F. and the next 40 minutes at 375°F.

ake up the pie, top up with more hot stock if required, and e.

f the pie is to be eaten cold, cover with short crust, and add oken leaves of gelatine to the meat.

RAIL PUDDING

ut 4 rails each into 4 pieces, discarding the backbones. e 6 ozs. ham and 6 ozs. beefsteak and mix with the pieces of adding a teaspoonful of chopped parsley, ½ teaspoonful pped thyme, 2 ozs. sliced mushrooms and a good sprinkling alt and pepper.

ine a basin with good suet crust, and fill with the meat ture and ¼ pint good clear stock. Cover with a lid of suet t, making sure to pinch it well at the edges to form a perfect Do not boil the pudding, but steam it for 2½ hours.

RAIL, ROAST

Pluck, singe, draw and truss the birds, placing a little kn of butter inside each bird and sprinkling them inside and o with salt and pepper before finally tying the trussing str around the vent. Wrap each bird in a slice of fat bacon or ha and roast at 425°F. from 20 to 30 minutes, according to the s and age of the birds, removing the bacon 5 minutes before t birds are taken up, to allow them to brown nicely. Take up t birds, pour off the fat from the baking pan, and swill it rou with a little stock or water to form a gravy. The gravy will much improved if the giblets and feet are roasted around t birds and boiled in the stock or gravy when swilling the roasting p

Serve with a nicely dressed watercress salad, and the birds a slice of toast or on a croûton of fried bread. Alternative serve with Mushroom, Tomato or Piquante Sauce.

RAIL, STEWED

Using 4 birds, cut each into 4 pieces and fry them in but or dripping to a light golden brown. Prepare a nice brown sau from the giblets, feet and surplus bones, adding a glass of clar To the sauce add 2 sliced carrots, the pieces of rail, and st gently from 35 to 40 minutes. Then add ½ lb. shelled peas a cook until tender. Meanwhile, bake about 12 button onio and add these just before serving.

RAIL, STUFFED

The rail livers should never be thrown away, but finely minc and used in the forcemeat for stuffing the birds. Mince t livers finely and mix them with twice their volume of su twice their volume of breadcrumbs. Add a little pepper and s some chopped parsley and thyme, a pinch of mace, and b all together with beaten egg. A little claret mixed with stuffing will greatly improve it.

For those who prefer young rails roasted without any stuffi try a bay leaf placed in the bird before trussing, but be sure remove it before sending the bird to table.

REINDEER (*Renne*)

may come as a surprise to many to learn that reindeer
ues, imported from Russia and Lapland, were sold exten-
y under the guise of ox tongues in England before the war.
act, the writer still treasures a tin of reindeer tongues, one
to be brought out and consumed for a very special occasion.
y are delicious eating, and by those who appreciate good fare
are always preferred to the Argentine packed ox tongues,
ch are usually oversalted in cooking.

oth sexes of reindeer are antlered. The meat of cows and
rs is like mild venison. That of a three-year-old steer is
erally considered best. The meat of the buck is too strong
aste to please.

ll recipes given for cooking venison may be applied to
deer.

ROEBUCK (*Chevreuil*)

he roe were formerly abundant in most wooded parts of
land, but are now restricted to the Highlands of Scotland.
ee Deer and Venison for preparing for table).

ROOK (*Corbeau*)

Rural England still takes kindly to rook pies and puddin

The rook may be distinguished from the crow by the lack feathers on its face, which are lost at an early age, leaving a ba scabrous and greyish-white skin, which can be detected a great distance. Its black plumage has a rich purple gloss on h and neck.

Rooks are used extensively as fillers for game pies, giv bulk but not flavour. During the late war they reached fantastic price of 2/10 each, and as the demand for them butchers resorted to stuffing them to sell at 2/9 each. Althou the meat ration was reduced in the post-war period, the p had dropped to 9d. per bird by 1949, with few buyers, the pu having had their fill of this uninteresting fare.

ROOK, FRIED

Having skinned the birds, cut away the breast fillets, sea lightly with salt and pepper, roll in egg and breadcrumbs, a fry gently in clarified butter, turning once. Serve with Sa Diable.

ROOK LYONNAISE

Having skinned the birds, cut away the breast fillets, sea with salt and pepper, dip in beaten egg and then in breadcrum and fry in olive oil. Dish the fillets in a circle on the d garnishing the centre with fried onion rings. Drain off the swill the frying pan with a few drops of white vinegar, and p over the dish.

ROOK PIE

Slit the skin down the back, working gently, remove the s from the bird, complete with feathers. The wings and from the knee joint can be cut off entirely, to facilitate operation of skinning.

raw the birds and stuff them with a good seasoned Veal cemeat. Have ready a pie-dish and line with thin slices of ck or flank steak, put in the birds, cut in halves, and season with salt and pepper. Fill any spaces with small cubed k. Half fill the dish with good beef stock. Cover with Pastry (II), and bake in a moderate oven 350°F. from 1½ to under 2 hours. Take from oven, fill the pie with more k, and serve.

preferred, the spaces between the birds may be filled with ges of hard-boiled egg, in place of the steak.

ROOK POULETTE

kin and draw the birds, truss and season well, and cover with s of fat bacon and roast. Allow to cool slightly, then strip neat from the bones and chop coarsely. Mix the chopped t with Sauce Poulette and serve.

RUFFS and REEVES (*Paons de Mer*)

hese little birds, of which the ruff is the male and the reeve female, take their name from the long feathers which v around the neck of the male bird, in appearance resembling old-fashioned ruff once worn by ladies.

earlier times they were much esteemed and fetched very prices. They were caught extensively in the Midland ties, where they were quickly fattened and marketed. s and reeves are gradually becoming scarcer due to the ruction of their favourite haunts, the fens, by drainage, they are now protected all the year round, and if left alone enough may be available to us once more. It is well to rd how they were cooked.

l recipes given for cooking woodcock may be used for cooking ruff, with the exception that, unlike the woodcock, the ruff be drawn.

To Carve Ruffs

Being small birds, similar to the woodcock, ruffs are usual served 1 per person. Should the dinner be a long one, wi many courses, then the birds may be carved by splitting exact into 2 similar portions, and each portion served on toast.

To Choose Ruffs

The same conditions with regard to the choosing of woodco apply to ruffs.

To Truss Ruffs

Pluck, singe and draw the birds carefully, taking all feathe from head and neck, and cutting off the toes only. Press t wings to sides and turn the head under the wing, with the be pointing forward. Tie a string round the legs and vent and pa it over the breast, to keep wings and head in position.

RUFFS, DEVILLED

Split a brace of roast ruff, brush over with Devil Sauce, ar flash quickly under the grill. Serve on toast with orange grav

RUFF, FILLETS OF

Cut neatly the breast fillets from each side of the bird, sprink with salt and pepper and cook in heated clarified butter und cover, for no more than 10 minutes, turning the fillets on during the cooking process. Serve with Truffle Sauce.

RUFF À LA LUCULLUS

Roast the drawn ruff on toast, as described under the headi of Roast Ruff. Mix together 1 yolk of egg, 2 ozs. cream, a pour over the birds directly they are taken from the ove sprinkle with breadcrumbs and flash under the grill to crisp t coating. Serve with thin brown gravy.

If the yolk and cream have been well blended, it will form nice creamy crust over the birds, and the mixture can be pour over once or twice until it is all used. The secret is to act soon as the birds are taken from the oven, before they have chance to lose heat.

RUFF PIE (Cold)

Line a small pie-dish first with thin slices of veal, then with ces of lean ham. Place 3 or 4 ruffs in the centre, sprinkle h pepper, salt, and ground mace, and fill up the spaces with dges of hard-boiled egg.

Boil ½ pint beef stock with ¼ oz. powdered gelatine, and top the pie with the stock. Cover with puff paste, brush over h egg, make a little hole in the centre and arrange the feet the birds so as to appear to be sticking out of the pie in a nch. Bake the pie at 450°F. for 15 minutes, then at 375°F. 35 minutes. Top up with more stock if necessary, and put de to get cold and set.

RUFF PUDDING

Ruff puddings are best made individual style.

Line small basins with suet crust, line this with thin slices of ef steak and place 1 drawn bird in the middle, sprinkle with t, pepper and ground mace, and cover with suet crust. Steam ntly (do not boil) from 1½ to 1¾ hours.

RUFF, TO ROAST

Truss the birds as described above, and do not bother with y fancy frillings, such as vine leaves or bacon. Brush the ds well with melted butter and place them on slices of buttered st. Place in a roasting pan and give a light flick of salt and pper. Roast at 450°F. from 14 to 16 minutes for a rare bird, if you do not appreciate them rare, then from 20 to 25 minutes, t not a minute longer. They must be constantly basted and e oven door not left open too long in the process.

Serve with orange gravy and garnish with watercress.

I do not advise cooking ruffs at more than 450°F., to try to ok them in less time. They are sweeter and better flavoured the few extra minutes cooking at the slightly lower tem- rature.

SNIPE (*Bécassine*)

The name given to a large class of small game birds, somew resembling the woodcock, which includes the common sn pin-tailed snipe, great snipe, jack snipe and red-breasted sn From the common snipe to the great snipe, the weight will v from 2 ozs. to 10 ozs. per bird. It is considered one of the fi game birds gastronomically, and affords good sport for a qu shot.

Large numbers of these birds arrive in these Isles during autumn, but are little sought after. All the same, the Ministry Food considered it desirable to fix a maximum retail price of per bird in 1942, but few were marketed. With modern cann meats and other fare available to the housewife of to-day, v few people can recall the flavour of this delicious morsel. It be thoroughly recommended to those seeking adventure in field of gastronomy.

How to cook and enjoy snipe to perfection—well, just right back—here it is : A young snipe should not be clean before roasting, the entrails should be fastened with pap It should be roasted preferably on a spit over charcoals. Af the bird has been roasted, which only takes a few minut remove the entrails and mix with an equal amount of pâté foie gras. Spread this mixture on toast, and the birds served upon the slices of toast—but work quickly.

To Carve Snipe

Snipe vary considerably in size, there being so many kin varying from 2 ozs. to 10 ozs. The smaller birds are no mo than will satisfy a good appetite, but the larger kinds will ne to be split in two. Draw the knife sharply along the bre from the vent to the throat, and by applying pressure with bo hands, press the knife through the backbone, thus cutting t bird in equal halves.

Choose Snipe

he same points to look for in a woodcock apply to snipe. he young the feet are soft and tender ; they thicken and harden age. Look for soft, downy feathers under the wing in the ngster, and pointed flight feathers. If the bills are moist the throat muddy, then they have been killed some time.

Truss Snipe

nipe need to be handled very carefully, because of their cate skin. Pluck the birds, taking off all neck and head ners. Do not cut off the head or feet, and do not draw them. s the legs quite close to the body, crossing them at the joints. Turn the head under the left wing and pass the bill through the thighs. Tie a string round the legs, bill breast, finishing with a knot at the vent.

SNIPE AUX CHOUX

luck 6 snipe, do not cut off the head or feet, and do not v them. Tie the head round the side of the body to the legs, ch should all be fastened securely with one string.

eat some butter in a pan and fry the birds on all sides till ly browned. Drain off the fat, add 1 pint game sauce, 1 s white wine, cover and braise for 20 minutes.

ook in a little stock two firm spring cabbages, drain and toss acon fat till well lubricated. Dress the cabbage in the middle dish, stick each snipe on a silver skewer, and place around cabbage, with the sauce in which the snipe were cooked.

SNIPE À LA MINUTE

eat 2 ozs. butter in a pan, add 2 minced shallots, 1 dessert-onful of chopped parsley, a little salt, pepper and ground neg, and 4 snipe. Fry all till nicely browned, and add int brown Sherry Sauce, cover tightly, and simmer gently 20 minutes ; add the juice of ½ lemon and simmer 1 minute. ake up the snipe, dress on slices of buttered toast and pour sauce over them.

SNIPE PIE, DANISH STYLE

Stew 6 snipe in thin White Wine Sauce, till tender.

Mix together 1 lb. lean pork sausagemeat, 1 dessertspoonf chopped parsley, the rind and juice of ½ lemon, and 2 ozs. fine minced shallot. Line a pie-dish with two-thirds of the forc meat and lay the split snipe snugly inside, top up with the sau in which the snipe were cooked, cover with the remainin forcemeat, and bake for 45 minutes at 400°F.

Serve with any of the remaining sauce in which the snipe we cooked.

SNIPE PUDDING

Stew 6 snipe in thin Mushroom Sauce containing a litt lemon juice. When cooked, take them up and split them.

Line a basin with suet crust, place the halves of snipe snugl inside, and pour in sufficient Mushroom Sauce to cover them Make a lid of suet crust, seal firmly, and steam from 1¼ to 1 hours.

SNIPE AND OYSTER PUDDING

Stew 6 snipe in rich Cream Sauce. When cooked, take them up and split them.

Line a basin with suet or butter crust, place the halves o snipe inside, filling the cavities with 24 plump raw oysters, to up with some of the sauce in which the snipe were cooked, cove with a suet crust, and cook from 1¼ to 1½ hours.

As only half of the sauce will have been used for the inside o the pudding, blanch 12 more oysters, add them to the sauce reduce the oyster liquid to 1 dessertspoonful by rapid boiling and add that to the sauce. Serve with the pudding.

SNIPE, TO ROAST

Some epicures consider a young snipe has been roasted fficiently when it has passed through a hot kitchen! Be at as it may, a snipe needs to be roasted rare, and if the oven is t, 15 minutes will suffice. For those who do not like them rare, minutes at the most will be sufficient for these small birds.

Pluck the birds, do not cut off the head or feet, and do not aw them, for the trail (entrail or intestines) is considered by me a greater delicacy than the bird itself. Truss them as scribed under that heading, brush all over with melted butter, d set each bird on a slice of buttered toast well spaced out in oasting pan. Have the oven well heated to 450°F. and roast e birds for 15 minutes only, if the guests are epicures. If not, ast for 20 minutes.

Send to table with sliced lemon and melted butter. Be sure send them to the table on the slices of toast on which they re cooked, for if the toast has been placed cunningly and well, will have caught all the trail, which will have cooked to per-tion. The roasting pan may be swilled out with a very little od stock, to form a gravy for those who require it.

SNIPE, ROAST WITH TRUFFLES

Roast the snipe as described above, and while they are cooking at 1 truffle per bird in rich brown sauce. Take up the birds en cooked and insert a truffle inside each vent. Send to le as described above.

Be careful, the birds will be full of steam, but a skewer will the trick.

SQUABS (*Pigeonneaux*)

The word " squab " in England is usually applied to young chickens small enough to cook for individual servings, which when appearing on the menu are termed poussins. There are squab chickens, squab guinea fowl, etc., etc. In America, the term is applied to young pigeons, which are at their best when about 4 weeks old. At this age, by special feeding, they will average 8 to 12 lbs. or more to the dozen, weighing sometimes as much as their fully matured parents. Their flesh damages very easily and they need handling with great care.

Points to be observed when buying squabs are size, plumpness and light coloured flesh.

All recipes given below are for squab pigeons. Recipes for poussins (young chickens) will be found under the section for chickens.

BREAST OF SQUAB, EVELINE

Broil the breasts of 4 squabs as described below, and place on a dish or platter with Maître d'Hôtel Sauce on top. Garnish one end of the dish with spaghetti in Cream Sauce, and the other end with buttered peas.

BREAST OF SQUAB AU JUS

Cut the breasts from 4 large squabs, sprinkle lightly with salt and pepper, and dredge with flour. Heat 2 ozs. of butter in a sauté pan, add the breasts, and cook for 10 minutes, turning and tossing continuously.

Place the breasts on a dish or platter and put in the pan one dessertspoonful of meat extract and a short ¼ pint of stock reduce by rapid boiling to half its volume, pour over the squab sprinkle with chopped parsley, and serve.

BREAST OF SQUAB, PERIGUEUX

Cut the breasts from 4 squabs, sprinkle with salt and pepper, edge with flour, and fry in butter. When cooked, place the easts on a platter and cover with Sauce Perigueux.

BREAST OF SQUAB SAUTÉ IN BUTTER

Cut the breasts from 4 large squabs, sprinkle with salt and pper and dredge with flour. Heat 2 ozs. of butter in a sauté n, add the squab breasts, and cook for about 10 minutes, ssing and turning continuously.

Place the breasts on a dish or platter, heat the butter in the n, pour it over the breasts, add a squeeze of lemon juice, rinkle with parsley, and serve.

SQUAB, BROILED

Brush 4 squabs with butter or bacon fat, sprinkle lightly with asoning, and broil steadily at 350°F. for 15 minutes, turning equently. Serve on slices of hot buttered toast, with slices lemon.

SQUAB BROILED WITH MUSHROOMS

Split 4 squabs, season inside and out, brush with butter or con fat, and broil as described above, cooking 4 mushrooms r bird at the same time. Set the split squabs on a dish or atter and top each half with 4 broiled mushrooms, garnish th watercress and serve with sliced lemon.

SQUABS EN CASSEROLE

Season 4 squabs with salt and pepper. Place them in a ttered casserole with 2 sprigs parsley, 1 sliced onion, 1 sliced rrot, 1 small bay leaf, $\frac{1}{4}$ pint chicken stock. Cover and cook moderate oven (350°F.) for 1 hour or until tender.

Remove squabs from the liquid. Melt 1 oz. butter, add 1 oz. ur and blend; add liquid from casserole and cook until ickened, stirring constantly. Add 12 button mushrooms uté, 1 tablespoonful tomato sauce, 2 tablespoonsful sherry. eplace squabs in casserole, pour sauce over them, and serve th asparagus.

SQUABS, DEVILLED

Parbroil 4 squabs, cut slashes across the breasts and t thick part of the legs. Brush over with a sauce made as follow

2 tablespoonsful prepared mustard
2 tablespoonsful Worcestershire Sauce
6 spots Tabasco Sauce.

Finish broiling, and brush over with more of the sauce ju before serving.

SQUABS MICHEL

Place 4 squabs in a well-buttered casserole, sprinkle wi salt and pepper, and add 1 onion cut in half, cover tight When squabs are nicely coloured, set on top of the stove, a 1 glass white wine, cover the casserole and simmer for 5 minute

Take up the squabs ; place in the casserole ¼ pint chicken stoc 1 dessertspoonful meat extract, and boil for 5 minutes. Po over the squabs and serve.

SQUAB POT PIE

Roast 4 squabs and split each in two. Fry a thin slice steak in butter, with a finely diced shallot. Place the slice steak at the bottom of a pie-dish, with the onion and split squab together with 2 ozs. fried mushrooms, 1 sliced hard-boiled eg a little chopped parsley. Top up with good thick chicken grav cover with puff pastry, brush with egg, and bake at 450°F. f the first 15 minutes and at 350°F. for the next 15 minutes.

SQUAB, ROAST AU JUS

Season 4 plump squabs, wrap each in a slice of fat ham bacon, and place in a roasting pan with 1 sliced carrot, 1 slice onion, 1 broken-up bay leaf, and 2 ozs. butter. Roast at 450° for 35 minutes, basting often.

Dress the squabs on a platter. Add ¼ pint stock to t roasting pan and swill round to form a gravy. Pour the grav over the birds and dress with watercress.

SQUIRREL (*Écureuil*)

quirrels as a food are not much sought after in England, ough their flesh is quite tender and their flavour resembles of the wild rabbit.

During World War II squirrel pies and roast stuffed squirrels eared on Soho menus, but never found favour, and it is safe ssume that further available supplies were used as rabbit.

Those seeking adventure in the culinary field might well try st squirrel without suffering indigestion.

Paunch and Truss a Squirrel

Treat the squirrel exactly as described for rabbit, it being ential to paunch the squirrel as soon as killed, and to use it hin 2 or 3 days.

SQUIRREL EN CASSEROLE

Clean and wash the squirrel thoroughly, cut it into 8 neat nts (4 legs, 4 pieces of back) and let it soak in mild salt water m 1 to 2 hours.

nto a casserole place 4 ozs. diced ham or bacon, 1 sliced onion, liced parboiled potatoes, the pieces of squirrel, 1 oz. soaked tter beans, and top up with ham stock, or 1 pint water and 1 ssertspoonful of meat extract. Cover tightly, and cook at °F. for 2 hours. Uncover and add ½ lb. peeled and sliced natoes, 1 teaspoonful sugar, cover tightly again, and cook urther 30 minutes. Serve in the casserole.

SQUIRREL, FRIED

Cut the squirrel into 8 neat joints and soak in salt water m 1 to 2 hours. Take it up, and dry well in a clean cloth. rinkle it with salt and pepper and dredge with flour. Fry in ated butter very gently, turning occasionally.

Serve with Tomato, Mushroom or Tartare Sauce.

SQUIRREL, GRILLED

Prepare a squirrel as described in the previous recipe, but do not dredge it with flour. Instead, wrap each joint in a slice of streaky bacon. Grill steadily from 15 to 20 minutes, turning and basting with butter as required.

Serve with Tomato or Mushroom Sauce.

SQUIRREL PIE

Cut a squirrel into 8 neat joints, and cook in salted water until tender. Strip the meat from the bones and mix it with 8 ozs. diced cooked bacon or ham. Place the meat in a pie-dish, and top up with Parsley Sauce containing a little grated lemon rind. Cover the pie with puff pastry, brush over with egg, and bake at 450°F. for the first 15 minutes, then at 375°F. for the next 20 minutes.

SQUIRREL, ROAST

Soak the squirrel in mild salt water from 1 to 2 hours, take it up and dry it well.

Prepare 1 lb. Thyme and Parsley Stuffing, to which add 1 oz. minced chives, 2 ozs. sliced mushrooms. Fill the belly of the squirrel with this forcemeat. Sew and truss the carcase. Sprinkle with salt and pepper and wrap it up in slices of fat ham or bacon. Place it in a greased roasting pan with 1 sliced onion, 1 broken bay leaf, 1 sliced carrot, ¼ pint stock. Cover well with greased paper and roast at 400°F. for 20 minutes. Remove the paper and finish roasting at 375°F. for 1 hour, basting frequently.

Take up the squirrel, add a glass of sherry to the baking pan, swill it round, and pour the liquid over the squirrel and serve.

SQUIRREL, SAUTÉED

Cut up the squirrel into 8 neat joints and soak them in mild lt water from 1 to 2 hours. Take up the pieces, dry well. prinkle with salt and pepper, and fry in butter, together with finely minced clove of garlic, 1 finely minced onion, 2 ozs. ely minced ham, all dredged lightly in flour. When all are a ce golden brown and tender, add a glass of red wine, simmer l 5 minutes, and serve.

SQUIRREL, STEWED

Cut the squirel into 8 neat joints, season lightly, dredge ith flour, and fry in butter, together with 6 ozs. diced carrot, ozs. diced onion, 2 ozs. sliced mushrooms. Toss and turn the quirrel and vegetables until they take on a nice golden brown. Turn all the ingredients into a stewpan with 1½ pints water, dessertspoonful meat extract, 1 tablespoonful of chopped arsley, and the juice of a very small lemon. Simmer all gently r 1 hour, then thicken with a little flour and water, and simmer 5 minutes longer. Serve with boiled bacon.

STARLINGS (*Étourneaux*)

After many years of immunity, starlings were again marketed uring World War II, and sold at 7/6 to 9/- per dozen at first, ntil the work entailed in preparing these tiny morsels was alised. Present-day cost of labour did not allow much profit hen selling 2 to a portion at a controlled meal price of 5/- per ead, which prevailed in restaurants from 1942 onwards.

STARLINGS À L'ANGLAISE

Bone and stuff the starlings with parsley and ham stuffing– 8 birds will be sufficient for a family size pie. Cube 8 ozs streaky bacon, 8 ozs. lean beef, and line a pie-dish with half o the cubes, lay the starlings on these, sprinkle with salt, peppe and chopped parsley, top up with the remainder of the cube meat, and fill the dish to within ½ inch with good stock. Cove with puff pastry, brush over with beaten egg, and bake in a oven 400°F. for 1 hour. Top up with more stock or ham wate and serve.

STARLINGS IN BATTER PUDDING

Prepare 1 pint batter pudding in the usual manner, pour i into a hot buttered pie-dish, and place into it 6 trussed starling with a slice of streaky bacon wrapped around each. Bake in a oven at 450°F.

STARLINGS À LA BONNE FEMME

Clean 6 starlings and stuff them with 1½ ozs. cooked diced bacon, 1½ ozs. cooked diced onion, 1½ ozs. cooked diced mush- rooms, all mixed together with a little chopped sweet herbs and seasoning. Brush them well over with butter and grill gently Glaze before taking up and serve with ½ pint brown sauce to which add the juice of ½ lemon.

STARLINGS, BROILED

Clean 1 starling per person, cut off the heads and legs to the knee joint. Truss quite firmly, dip in well-beaten egg and roll in fresh breadcrumbs, dab well with melted butter and broil over a clear fire or under a pre-heated grill. Serve on buttered toast.

STARLINGS EN CAISSES

Clean and bone the starlings, 1 for each person. Stuff them described under Starlings à la Bonne Femme. Grease some ff paper soufflé cases and place a starling in each, cover with a sc of fat bacon or ham; bake in an oven at 400°F. for 20 inutes, remove bacon, fill up the cases with Sauce Espagnole, turn cases to oven another 5 minutes, when they will be ready serve.

STARLINGS À LA CAMBRIDGE

Clean and bone the starlings and stuff with Chicken and Mushom Stuffing, wrap each one in a slice of bacon, and roast in a t oven for 20 minutes. Dress the birds on a bed of chestnut rée and serve with Champagne Sauce.

STARLINGS À LA CHIPOLATA

Clean and truss the starlings, season and dredge with flour. y in clarified butter and dress in a circle on a platter. Fill e centre with grilled chipolata sausages, and serve with Espagle Sauce flavoured with a little lemon juice.

STARLINGS EN COTELETTES

Clean and bone the starlings, lay them out flat, and spread th Chicken and Mushroom Stuffing. Trim the edges to tain a neat shape, dip in well-beaten egg, and roll in breadumbs. Fry them in shallow clarified butter, turning once ring the cooking process.

Serve with rich brown sauce made from the roasted bones of e starlings.

STARLINGS CRAPAUDINE

Clean and bone the starlings, brush them inside and out with lted butter, fold in three and wrap each in bacon. Roast in a rp oven for no more than 15 minutes, take them up, press so that they will lie snugly in cases of fried bread, top up with h Mushroom Sauce and serve.

The cases are made by cutting 2-inch squares of brea scooping out the centre to form a kind of box, and frying in h lard.

STARLINGS FAVRE

Clean and bone the starlings and stuff each with 2 oyste Wrap each in bacon and roast from 15 to 20 minutes.

Place a good sized mushroom in the bottom of a paper souff case, lay the starling on top of the mushroom and set a disc Maître d'Hôtel Butter on top. Garnish with watercress an serve.

STARLINGS WITH FINES-HERBES

Clean 6 starlings, season inside and out with salt and pepp and fry them in butter to a light golden brown. Then add 2 oz chopped mushrooms, 1 oz. chopped onion, 1 dessertspoonf chopped parsley. Simmer these with the starlings for 5 minute then add ¼ pint of Sauce Espagnole, with the juice of ½ lemo and a sprinkling of grated nutmeg. Toss all well together t heat through, and serve at once with croûtons of fried bread.

STARLINGS, GRILLED

Clean and truss the starlings, sprinkle inside and out with sa and pepper, dip each in well-beaten egg, and roll in fresh swe breadcrumbs. Dab with melted butter and grill under a pr heated grill for from 12 to 15 minutes, turning and basting wi butter as required. Serve on buttered toast.

STARLINGS À L'ITALIENNE

Fry 6 starlings as directed for Starlings with Fines-Herbe When of a light brown colour, pour off the grease, add ½ pi Sauce Italienne and 1 oz. truffles cut into discs. Toss all w together and dish the starlings on croûtons of fried bread. Po the sauce over them.

STARLINGS À LA MACEDOINE

Clean the starlings and stuff them with the pounded livers xed with pork sausagemeat.

Lay the starlings in a baking dish, pour over them a pint of od gravy, and bake in a moderate oven. Dish them in a circle ound some mashed potato and garnish with cooked carrots and rnips cut in small dice, mixed with a few green peas. Pour e gravy over them, and serve.

STARLINGS À LA PARMENTIER

Clean and bone 6 starlings, stuff them with finely chopped lery, roll them up and fold each in a rasher of bacon, skewer em well and place them on a bed of diced onion, carrot and con in equal parts ; add a bouquet garni and cook at 425°F. 20 minutes, basting frequently. Take up and allow to cool. rap each bird in thin puff pastry to give it the shape of an egg, ush over with egg and bake from 12 to 15 minutes until the stry is cooked through.

Fry some Julienne Potatoes and pile them on a dish to form a st, place the starlings in the centre and serve with thin Espag-le Sauce.

STARLING PIE

Clean and bone 8 to 10 starlings, fill them with Chicken and ushroom Stuffing and roll each in a slice of lean ham. Dice ozs. streaky bacon and 8 ozs. beef steak, sprinkle half in the ttom of a pie-dish, and lay the starlings on this. Sprinkle th salt and pepper, and add the remainder of the cubed meat. l the dish to within ½ inch with clear stock, cover with puff stry, brush over with egg and bake at 375°F. for from 1 to 1¼ urs. Top up with more stock and serve.

If the pie is to be served cold, then ½ oz. powdered gelatine ust be dissolved in each 1 pint of stock used, to ensure a nice m jelly.

STARLINGS, TO ROAST

Pluck, clean and singe the birds, cut off the legs to the knee joint, and the head close to the body, sprinkle inside and out with salt and pepper, truss on a skewer ½ inch apart to allow the heat to circulate, brush each over with butter, and lay a rasher of bacon over each. Roast at 425°F. for 20 minutes—no longer, or they will be dry.

Dress on slices of buttered toast and garnish with fresh green watercress. Serve with a boat of rich brown gravy.

STARLINGS EN SALMI

Prepare 6 birds as for roasting, dredge lightly with flour and fry in bacon fat for 10 minutes, until browned on all sides. Drain off the fat and cover the birds in rich Sauce Espagnole. Allow to simmer gently for 20 minutes, add the juice of ½ lemon, taste for seasoning, and serve.

STARLINGS, STEWED

Clean and singe 6 starlings, split them open from the back and fry them in butter with 1 oz. finely diced bacon, until they are lightly browned. Dredge lightly with flour and add 2 ozs. sliced mushrooms, a sprinkling of salt and pepper. Pour over them 1 glass of sherry and double the volume of stock. Simmer all gently under cover for 15 minutes. Add a teaspoonful of finely minced parsley, simmer another minute, and serve.

SWAN (*Cygne*)

Swans were consumed in large quantities in earlier times and were again marketed in quantity during World War II, more than once appearing on House of Commons menus.

To enjoy swan to the full, the young cygnet is best. Once a year, and in traditional style, cygnets are served at the Vintners Hall in the City, amidst much pomp and show.

When dressed, the swan has the appearance of a dark coloured goose, but in no way tastes like one. It is well fleshed and carves well.

(Note that, in general, recipes given here apply equally to cygnet, but, naturally, you would not stew or braise the young bird).

To Truss a Swan for Roasting

Pluck the swan and carefully singe off the hairs. Cut off the neck as close as possible to the back, leaving the skin hanging from the breast long enough to fold over. After drawing, wash and wipe the bird both inside and out, and cut off the feet and the pinions at the first joint. Draw the legs up closely to the body, and thrust a skewer through the one side, fastening the leg securely, and out of the other side, holding fast the other leg. When the bird has been stuffed, make a hole in the apron and push the rump through to prevent the stuffing escaping.

SWAN ARLÉSIENNE

First prepare a stuffing with 1 lb. chopped onions, 1 lb. coarsely chopped boiled chestnuts, 4 ozs. chopped truffle, 8 ozs. breadcrumbs, 3 ozs. melted butter, and seasonings to taste. Stuff the bird with this mixture.

Into a large buttered braising pan throw 3 large sliced carrots, 2 sliced onions, 1 sliced heart of celery, 2 sprigs each of sage, thyme and parsley. Lay the bird on this bed of vegetables, and pour in 2 pints thin Tomato Sauce. Cover tightly, and cook in a moderate oven from 2½ to 3 hours, or until tender.

Take up the bird, strain the sauce into a pan, remove all grease, re-boil and serve with the swan.

SWAN, BRAISED

The legs of the swan are usually tiresome to carve, and desired can be removed before roasting. Brown the legs heated fat and place them in a casserole with sufficient water half cover them. Add a sliced onion, 2 pulped tomatoes, a seasoning to taste. Cover tightly, and cook in a moderate ov 1½ to 1¾ hours, or longer if from an old bird.

Take out the legs and place on a dish, pour the sauce into pan and thicken with a little flour and water. Simmer 5 minut strain, and pour over the swan legs.

A sprig of sage, thyme and parsley may be added to the casser if desired.

SWAN, DEVILLED

Clean, singe and truss the swan, cover with boiling water ar simmer gently for 1 hour. Drain well and wipe dry. Fill th bird with sage and onion or other stuffing and roast in a slo oven, allowing 20 minutes per lb.

Mix together ⅛ pint vinegar, 1 teaspoonful pepper, 2 tabl spoonsful prepared mustard, 1 tablespoonful salt, and use th to baste the swan every 20 minutes.

Serve with giblet gravy.

SWAN, DEVILLED, IN CASSEROLE

First boil the swan for 1 hour, and stuff it with Potato o Chestnut Stuffing (*which see*).

Grease a large casserole and throw in 2 sliced carrots, 2 slice onions, 3 chopped stalks of celery, 2 sprigs sage, 2 sprigs thym Lay the bird on this bed of vegetables and pour over ¼ pi Sauce Diable, cover casserole tightly and cook gently unt tender. Take up the bird, strain off the liquor from the casserol skim off all the fat, and serve the liquor with the bird.

SWAN, FRICASSÉE OF

Take the back, wings, neck, gizzard and heart of a swan, rinkle with salt, pepper and ground ginger, and mix with 1 nced clove of garlic. Cover and let stand 12 hours. Place e pieces of swan in a pan and cover with boiling water, and d 1 sliced onion, 2 stalks celery, and simmer gently until eat is tender.

Mix 2 ozs. flour with a little of the cooled swan broth and d it to the pan very gently, stirring until thickened. Add easpoonful chopped parsley, boil 5 minutes, and serve.

SWAN GIBLET PIE

Wash 1 set of giblets and wing tips, put them in a pan with a ced onion, 2 sprigs parsley, 1 sprig thyme and a bay leaf tied gether, add pepper and salt to taste, cover with cold water, and mmer gently until tender.

Cut 1 lb. stewing steak into thin slices and put a layer of this the bottom of a greased pie-dish, add the cut up giblets and ng tips, and top with the remainder of the steak. Season th salt and pepper and a light sprinkling of chopped thyme. our the giblet stock over the meat to within $\frac{1}{2}$ inch of the top the pie-dish (saving any unused). Cover with a good puff ste, brush over with milk or well-beaten egg, and bake in an en 375°F.

When the pie is sufficiently baked, top up with more giblet ock and serve.

SWAN, HASHED (Using left-over Swan)

Pick off all the trimmings from a cold swan and set aside. rush the carcase of the bird, place it in a pan with 1 bay leaf, blade mace, 1 clove, cover with cold water and simmer till l the goodness is extracted from the bones.

Fry 2 sliced onions in 2 ozs. butter to a deep brown, add 2 oz flour and stir well, then add slowly 1 pint swan stock, a lit at a time, stirring constantly till thick and creamy. Add th pickings from the swan, 2 ozs. fried mushrooms and simm (do not boil) for 5 minutes. Taste for seasoning, and serve.

SWAN JARDINIÈRE

Braise the swan as described under that heading, and serv on a large oval dish with alternate groups of peas, beans, asparagu and young glazed turnips around the edge of the dish, togethe with a boat of rich giblet gravy.

SWAN LIVER SAUTÉ

Salt and pepper some fresh swan livers, roll in flour, put i a pan with hot butter and sauté gently, turning once or twic during the cooking process. Put the livers in a chafing dish, an cover with Sauce Perigueux.

SWAN ORANGE SALAD

Arrange a salad bowl lined with lettuce. Combine togethe 8 ozs. diced cooked swan, 4 ozs. diced celery, 8 ozs. orang slices, 2 ozs. French Dressing. Place these ingredients in th centre of the salad bowl, sprinkle all with roasted almonds and serve.

SWAN, ROAST

Prepare the bird in the same manner as a goose. Have read 2 lbs. good beef sausagemeat, 1 lb. stewed cashew nuts, 1 finel minced onion; blend these ingredients together and stuff th bird. Season the bird, and rub it well with butter.

Make a dough with 5 lbs. flour, 10 ozs. lard, 2 pints wate and let rest ½ hour. Roll the dough out to a thickness of ¼ inc and wrap the swan in this. Place in a baking pan and cook a 400°F. from 2½ to 3 hours for a swan, but only 1¾ to 2¼ hour for a cygnet.

Serve with orange salad and Port Wine Sauce.

Alternatively, the swan may be stuffed with Sage and Onion uffing, and served as a goose, or it can be served in elegant shion by stuffing it with segments of orange soaked in port ine, and served with Port Wine Sauce.

SWAN, ROAST, WITH BAKED APPLES

Stuff and roast a swan in the usual manner. Wash and core or 10 good sound apples, sprinkle with brown sugar and place the pan with the swan ¾ hour before swan is done. Serve ot with the swan.

SWAN, SALMI OF (Using left-over Swan)

Sauté 2 small sliced onions in 2 ozs. swan fat until tender, dd 1 pint tomato juice, 1 teaspoonful salt, 1 green pepper diced, dessertspoonful brown sugar, 1 clove and 1 bay leaf. Cook all owly for 15 minutes. Strain the mixture, return it to the pan nd thicken with 1½ ozs. flour mixed with a little water; cook ntil thickened. Now add the pickings from the remains of a old swan and simmer (do not boil) for 5 minutes.

A good salmi will be obtained if the volume of meat is equal the volume of sauce.

SWAN STEW AND CHESTNUTS

(For using up an older bird)

Cut up the swan into neat serving portions, dredge with flour, nd brown lightly in bacon fat or dripping, tossing them to nsure that the pieces are evenly browned on all sides. Then dd 1 pint tomato juice, a bouquet of mixed herbs, salt and epper to taste. Cover tightly and cook in the oven ¾ hour, at which time add 1 lb. button onions, ½ lb. spring carrots. Cover, nd cook a further ½ hour, and at this stage add 1 lb. blanched hestnuts. Cook another 20 to 25 minutes.

Skim off all fat, and serve from pan or casserole in which the ird was cooked.

SWIFT (*Hirondelle*)

In the culinary world, the swift serves a useful purpose i providing the nest from which that highly over-rated Bird Nest Soup is made. Otherwise the bird itself is not killed fo table purposes. The nests consist essentially of mucus secrete by the bird's remarkable salivary glands.

TEAL (*Sarcelle*)

The teal is a species of wild duck, beautiful in colour an highly esteemed for the table, although few will venture to bu it for the first time. It can be found in fair quantities in norther parts, and reaches the London market about November.

A full sized bird will only afford a meal for 2, and so prove expensive in use for the average housewife. Hence it has neve become very popular.

It is considered to be flavoured after the frost has set in and is best from the end of October to January. It may b served according to any of the recipes given for wild duck though less time will be required for cooking.

TEAL À LA BIGARADE

Split a teal down the back and press it out as flat as possible Sprinkle with salt and pepper, rub over with melted butter, an roast for 15 minutes. Take the bird from the oven and finis cooking under the grill.

Serve with Sauce Bigarade.

TEAL, BRAISED

Truss the teal and brown well in clarified butter on all sides Add 12 button onions, a sprinkling of pepper and salt and bouquet of sweet herbs. Cover tightly, and cook gently in th oven from 35 to 40 minutes. A few young turnips cooke with the teal will be found very acceptable.

TEAL À LA CAMBACÉRÈS

Into a braising pan toss 2 ozs. diced bacon, 2 ozs. sliced carrot, ozs. sliced onion, 2 ozs. butter, a bouquet of herbs, salt and epper to taste. Fry all to a light golden brown, add the teal and ook until the bird takes on a nice golden tint. Cover tightly, nd cook in the oven from 15 to 20 minutes. Take up the teal, ut it into neat joints and put back in the pan, together with ½ pint ich Tomato Sauce, and simmer a further 15 minutes.

While the teal is simmering, sauté a cooked beetroot, cut ulienne style. Take up the teal, strain the sauce from the pan ver it, and surround it with the beetroot.

TEAL DUCLAIR

First prepare a forcemeat by finely mincing the heart and liver of the bird, with 2 ozs. minced shallot, 1 teaspoonful minced parsley, seasoning to taste, and 1 oz. fine breadcrumbs. Roast the teal stuffed with this forcemeat. When done, cut into neat joints and serve with ½ pint Demi-Glace Sauce reduced with 1 glass of claret, the juice of ½ orange, and a little chopped chives.

TEAL À LA MACEDOINE

Prepare the teal as for Teal à la Bigarade. Having cut the bird into neat pieces, dish them up in a close circle with a croûton of fried bread between each fillet. Fill the centre with a macedoine of vegetables, pour rich giblet gravy round the base, and serve.

TEAL À LA MADRID (Cold)

Braise the teal, let get cold, and cut into neat fillets. Prepare a Horseradish Mayonnaise, and mask the fillets with this sauce. Dress the fillets on a bed of sliced tomatoes, and garnish with chopped aspic jelly.

TEAL NIVERNAISE

Half roast the teal, then cut up into neat pieces, and fin cooking by braising, with 6 young turnips.

The fillets are dressed in the middle of the dish and the turn are glazed with a little sugar under the grill, and dressed arou the bird. The whole is covered with the well-reduced brais liquor, free from all grease.

TEAL WITH PIQUANTE SAUCE

Cut the teal into neat portions, simmer in a small amount water until tender, with a little salt and pepper. Drain pieces well and sauté with a minced onion in a little but until brown.

Reduce the stock in which the teal was simmered to ½ pint rapid boiling, add 1½ ozs. peanut butter previously well cream together with 1 oz. flour, and stir constantly till thick a creamy. Add a flick of cayenne pepper and chopped parsl Serve the teal on a hot dish covered with the sauce.

TEAL PUDDING

Cut up 3 teal into neat joints and fry in butter with 8 o cubed steak until nicely browned.

Line a basin with suet crust and place the teal and beef insi with a good sprinkling of salt and pepper, top up with b gravy containing a little lemon juice. Cover with a lid of su crust, taking care to seal the edges well, and steam from 2¼ to hours.

TEAL, TO ROAST

Pluck, singe, draw and truss the birds. Rub them well w lemon butter, or split a lemon, place it inside the bird, and bru it all over with melted butter. Roast in a sharp oven from 20 25 minutes, basting frequently, with the giblets cooked in t same pan.

Take up the birds, add ¼ pint stock or water to the roasting n, swill it well to form a gravy, simmering the giblets for 5 nutes to extract the goodness. Send to table with the gravy d sliced lemon, removing the lemon from the inside.

TEAL À LA SAINT-MANDÉ

Braise the teal as described under that heading, adding 2 ozs. oned Spanish olives and ½ pint Espagnole Sauce. When oked sufficiently, dress on a dish with rolled streaky bacon sped under a hot grill.

TEAL VALENCIENNE

Roast a teal with a split orange inside it, and when cooked t into neat joints, dress on a dish, and garnish with slices of ange free from all pips and pith. Serve with orange salad and ort Wine Sauce.

THRUSH (*Grive*)

The thrush was perhaps the most popular bird at feasting mes in ancient Greece. When a girl married, she was sure of a race of thrushes for her own special eating on her wedding day. n Rome, patrician ladies reared thousands of thrushes yearly, be sold at the markets.

The killing of the thrush for food in these Isles has long been rowned upon, just as killing of larks for food is dying out.

When the meat ration dropped to 10d. worth per week in the ost-war period, the housewife still found time to toss the crumbs rom the breakfast table to these songsters. She never gave hought to their destruction, preferring their song to their death.

THRUSH, TO ROAST

Thrushes need no additions in cooking. They are of delica flavour and are best plain roasted.

Pluck, draw and truss the birds, sprinkle very lightly insi and out with salt and pepper. Brush well all over with melte butter (do not use any strong flavoured meat dripping). Wra each bird in oiled greaseproof paper and roast quickly fro 20 to 25 minutes.

Dress each bird on a hot slice of buttered toast, garnish wi watercress and send to table with a gravy made from the swillin of the pan in which the birds and giblets were roasted.

TURKEY (*Dinde, Dindonneau*)

Turkeys to be at their best should be hung fully a week befo being dressed, if weather permits. During the process of hang ing, if the weather be exceptionally cold, the bird should not b allowed to become frozen, or it will lose flavour.

The turkey is the most savoury of domestic poultry. It enjoy the singular advantage of assembling round it every class o society, and usually commands a high price, especially a Christmas, when rather extravagant prices are often asked an obtained for large well-fed Norfolk or Irish birds.

They are in season from October to March and are at thei best from November to end of January. However, moder refrigeration allows us to enjoy imported Hungarian and othe European birds all the year round.

Incidentally, the true original turkey is what we now ca guinea fowl, which was first introduced from West Africa lon before the turkey (as we now wrongly call it) had been seen i Europe. When the turkey (which was then a much smalle bird) was eventually brought into this country, it was erroneousl given the name already held by the guinea fowl. This no doub came about by its similar feather markings, some considerin

just a larger type of guinea fowl, until the difference in its avour became well known.

It's Turkey—it's good! is a favourite expression. This xpression can be traced back to the days when the vast Turkish mpire was a great commercial nation—as well as a fascinating ne—and if something tasted extra good or looked beautiful, eople in foreign countries readily believed that it came from urkey. The first turkeys appeared in England when Cortez, ne conqueror of Mexico, sent some back to Charles V who, ke most monarchs of that period, adored his stomach. It's urkey—it's good, was a slang phrase in those times.

Of the imported frozen kinds, undoubtedly the Hungarian re the best, those imported from Ireland being mostly chilled nd not frozen. Frozen birds are inclined to eat dry if cooked oo quickly. It is wise to measure the oven before buying a andsome bird.

Turkey can be substituted for chicken in almost any chicken ish.

To Carve Turkey

No bird is more easily carved than a plump, broad-breasted urkey. Turn the bird so that the rump is pointing away from ou, and by the way, don't have the plates in front of the dish o that you have to lean over them to carve the bird. Place the lates on the left-hand side of the dish. Start cutting slices rom the breast at the point where it meets the wing bone, vorking your way up, slice by slice, until you hit the centre of he breastbone.

Now repeat the process on the other side. Use the dark meat rom the leg for those who like it, but usually the dark meat s not offered when the bird is carved at the table, provided, of ourse, there is enough breast meat for all to be served. It is sual to sever the legs from the body when carving, as this makes t both easier to carve the breast and allows you to cut the meat rom the legs in a simpler manner.

To Choose Turkeys

Of the two, the hen turkey is the better, unless the tom has been properly farmed specially for the table. Tom turkey farming is improving, but usually, of the farmyard variety, the is a pretty tough fellow. The breast bone should not be too high. A good broad breast will feed the most. When y the legs are black and smooth, the eyes bright and feet s and in a tom the spur will be quite short. As the bird gets the legs take on a grey-reddish look, and become scaly and the eyes lose their brightness, the feet become hard, and the of the tom lengthens. A fat hen in its second year is best b Only first year birds should be roasted.

To Draw a Turkey

Lay the bird on its breast with the head towards you. Ho the head in the left hand, press the skin of the neck as far towards the breast as possible, and cut off the head close t body. This is the first essential operation, for you must for as much overlapping skin from the breast as possible fo stuffing operation, which will come later.

Remove the windpipe and loosen all the inside of the t with the forefinger. Make an incision just above, and a to the right of, the rump (oh, of course, to the left, if yo left-handed). Insert the right hand and with a grasping m remove the crop and the intestines, taking particular car to fracture the gall bladder, which will be found attached t liver. Wash the inside, and wipe with a damp cloth. off the legs just below the knee joint, and the first operati preparing the bird is over. Take care of the neck, giz heart and liver, for they will be required for the gravy, a course the liver is excellent fried with bacon.

To Pluck a Turkey

Some prefer to pluck the turkey immediately it is killed still warm, as they consider the feathers are removed more e

when the bird has got cold. Whether you pluck it warm old, pull out the feathers in the direction in which they or else the skin will be torn and the appearance of the bird lt. Incidentally, this applies to the plucking of any bird.

Truss a Turkey

luck and draw the bird as described under those headings, stuff the bird. Press the legs close to the body and pass a ver through the leg and body, catching the other leg on the t of the skewer at the other side. Pull the skin of the breast forward, and fasten underneath to the skewer. Fasten a ng to both ends of the skewer, bring up round the rump, tie the legs together at a point just above the rump. Then procedure for roasting.

TURKEY BARBECUE

First prepare the Barbecue Sauce as follows :

Mix together ½ pint vinegar, 6 ozs. salad oil, ½ pint tomato e, 4 tablespoonsful Worcestershire Sauce, 1 tablespoonful nced onion, season well with salt, pepper and paprika.

Truss the turkey and cook over, or before, an open fire, ting frequently with the sauce, until tender. Alternatively, turkey can be roasted in the normal manner and basted fre-ently with the sauce.

SLICED TURKEY, BARCELONAISE

Cook 4 ozs. vermicelli in boiling salted water about 15 minutes until tender.

Mix together 1 oz. melted butter, ½ oz. flour, cook over low t until brown and frothy, and add slowly ½ pint turkey stock, ring constantly until thick and creamy.

To the vermicelli add 4 ozs. sliced mushrooms sautéed, blend h the sauce, cover the dish with this mixture. On top of this ce slices of turkey, pour Mornay Sauce over it, cover with ted cheese and brown. Decorate with a border of mashed tato and serve.

TURKEY, BLANQUETTE OF (Using Left-over Tu

Make 1 pint of creamy sauce from the bones of the l turkey (see Cream Sauce and use turkey stock). While th sauce is still hot, mix 2 eggs with their volume of cr evaporated milk and stir in the sauce. Simmer, but do n Add 1 lb. turkey trimmings picked from the carcase and of nutmeg, re-heat (but do not boil) and serve.

TURKEY, BOILED

Do not stuff a turkey to be boiled, but make a feature sauce, and be sure to serve boiled ham or ox tongue wit

Into a large pan place the neck, heart, gizzard and fe sufficient water to cover the bird when placed in it. Bri water to the boil, add the turkey, 2 sliced onions, 6 sti celery, 4 sprigs of parsley, 2 sprigs of thyme, 1 bay lea pepper and salt to taste. Bring the water up to the boil lower the heat and simmer until tender. The time, of cours depend on the age and size of the bird, but as only old bir boiled, and assuming it to be 16 to 18 lbs., it will require 2½ very steady simmering, but test from time to time, for noth worse than an over-boiled turkey.

Serve with celery, chestnut, or cashew nut sauce, w little of the stock in which it was cooked, together with of boiled ham or tongue.

BOILED TURKEY NECKS

Turkey necks, when cooked to perfection, are tender and Soak the necks in salted water for 2 hours, rinse well and in a pan with sufficient water to cover them, together w sliced onions to each neck, 1 sliced carrot, 4 stalks of c 4 sprigs of parsley, 2 sprigs of thyme, and pepper and s taste.

ing all to the boil and simmer 45 to 55 minutes, or until er. Strain off the stock and reduce by rapid boiling to nt, thicken with a little flour and water, and pour over the s. Chestnuts, chopped parsley or cashew nuts may be added e sauce.

TURKEY, BONELESS BREAST OF (For an Old Bird)

oil a turkey as previously described under that heading, the breasts off whole and allow to cool. Cut into neat ions, season lightly, dip in egg, roll in breadcrumbs and fry utter.

erve with fried bacon and brown chestnut sauce. You will sked why ever did you not roast such a tender bird.

h ! the legs—well, see Turkey Hash, Croquettes, Turkey à la g, etc.

TURKEY, BONELESS, BROILED

ut the breasts off whole and bone the legs, cut into neat ing portions, dip in melted butter or bacon fat. Cook in ler steadily for ½ hour, turning and basting as required. ve with Madeira Sauce with whole roasted chestnuts.

he pieces may be seasoned lightly before or after broiling—elf, I prefer to season at the last moment.

he carcase will make excellent soup. (*See Turkey Carcase p, Master Book of Soups*).

TURKEY, BONELESS, ROASTED

his method can be adopted when the oven is too small for hole bird.

ut the breasts off whole and bone the legs. Lay in a baking smeared with bacon fat and 1 cup of water. Roast steadily 50°F. from 1 hour 20 minutes to 1 hour 30 minutes. Take the turkey, add to the pan 1 oz. flour and stir for a few ments, add ½ pint giblet broth, and simmer 10 minutes, e for seasoning and strain.

Serve with roast forcemeat balls, which may be added
turkey 20 minutes before it is taken up.

TURKEY, BONELESS WINGS

Cut off the wings, which may be cooked a day or two
if the oven is too small to take the bird whole.

Boil the wings with a little celery, sliced carrot, sliced
and pepper and salt. When tender, cool and remove
Fill the cavity with chestnut or cashew nut stuffing, wra
rasher of bacon, and heat well under the grill until the ba
crisp and the wings well heated through. Serve with rich
gravy sauce.

Alternatively, the wings may be egged, crumbed and
served with grilled bacon and rich brown gravy.

TURKEY, BRAISED

Split the turkey in half and cut each half into neat se
pieces. Dredge with flour, pepper and salt, and brown
piece in hot bacon fat or butter. Transfer the pieces
roasting pan and cover with thin Chestnut or Cashew Nut S
Cover closely and bake slowly (325°F.) until tender.

During the cooking process, the sauce will have evapo
and thickened a little, and will now be ready for serving
grilled chipolata sausages.

BRAISED TURKEY NECKS

Cut the necks into pieces 2 inches long, soak in salted w
for 2 hours, rinse and dry well. Now proceed step by ste
Braised Turkey.

The reason for soaking the necks in salted water is to
the blood and whiten the meat, to make it more presentable.

TURKEY WITH CHESTNUTS

or a 16 to 18 lb. bird, slit 3 lbs. chestnuts and roast them in oven from 15 to 20 minutes, peel and skin them, and place pan with 1 pint of milk. Stew 20 minutes. The chestnuts have absorbed most of the milk in stewing, but should e be any unabsorbed, sprinkle with a few breadcrumbs and d them in with a little salt and pepper. Stuff the inside of bird with chestnuts and fill the crop with Thyme and Parsley fing. Roast as described under that heading.

or chestnut stuffing to place in the crop, *see Chestnut Stuffing*. he method described above, the chestnuts are left whole, e in chestnut stuffing the chestnuts are passed through a e. Myself, I like to bite the chestnuts, not to eat them as a e.

TURKEY, CREAMED, WITH OLIVES

repare 1 pint rich Cream Sauce from reduced turkey bone k in place of milk, add 1½ lbs. diced cold turkey, 2 ozs. ed Spanish olives, 1 oz. stuffed olives, 1 teaspoonful chopped ley, 1 teaspoonful lemon juice. Simmer all for 10 minutes, e for seasoning and serve.

TURKEY, CREAMED, ON TOAST

repare a cream sauce, using 1 pint well reduced turkey stock place of milk. To obtain the 1 pint of reduced stock, boil nts turkey stock until evaporated to 1 pint. To each 1 pint urkey cream sauce, add 12 ozs. diced cold turkey.

repare sufficient slices of buttered toast cut in triangles, nge them closely on the plate, cover with the creamed turkey, top with grilled slices of tomato. Garnish with watercress, serve.

TURKEY CRÉOLE

Boil the chopped up meat from the wings or other part turkey, until about half cooked ; then add 2 ozs. chopped 2 ozs. sliced tomatoes, 1 sliced pimento, a bay leaf, and clove of garlic, simmer gently until tender. Taste for seas and serve on a bed of cooked rice with cooked diced cucu

TURKEY CROQUETTES

See Chicken Croquettes and proceed on the same lines.

TURKEY, CURRIED

Fry 2 ozs. sliced mushrooms, 1 minced onion, 1 large p cored and diced apple, in 3 ozs. of butter or fat, until te Blend in 1½ ozs. flour. ½ teaspoonful of salt, 1 teaspoonf curry powder, and stir well. Add 1 pint of good turkey slowly, and cook until thick and creamy, stirring consta Next add 8 to 12 ozs. diced cooked turkey, and simmer 5 mi longer.

Serve on a bed of hot rice cooked without salt.

TURKEY CURTIS

Prepare 4 nice portions of creamed turkey on toast, spri with grated cheese and brown under the grill. Serve garni with fried button mushrooms.

TURKEY, BROILED AND DEVILLED

Small baby turkeys are the best for this dish.

Split a young turkey, removing the back and the breast bo Rub with butter, broil slowly for 20 minutes, brush over Devil Sauce thickly, and roll in breadcrumbs. Finish coo at 350°F. from 10 to 15 minutes.

TURKEY, DEVILLED

ke the remains of a cold turkey and cut into nice portions ; ach piece in Devil Sauce and allow to stand about 1 hour. grill slowly, turning once. Serve with Piquante Sauce.

TURKEY LEGS, DEVILLED

in the legs of a cold turkey, make some deep cuts in the flesh, and dip in Devil Sauce. Allow the legs to stand ur and re-dip in Devil Sauce, grill slowly, dabbing with r from time to time, and turning as required. Serve with ante Sauce.

TURKEY, BREAST OF, FIGARO

ut the breasts from the turkey and wrap them in slices of n or ham, butter a saucepan, line it with sliced onions and ots, and garnish with parsley. Lay the breasts on top ; ten with stock made from the turkey bones, and simmer ly until tender, during which process add a half bottle of e wine poured in at two or three intervals as the stock evapor- Allow the turkey to cool and cut the breasts into slices, in rich frying batter, and fry to a rich golden colour. erve with Mayonnaise Sauce.

TURKEY, FILLETS OF, BAKED IN MILK

one a raw turkey and cut into 4 oz. portions, sprinkle with pepper and flour. Place in a well-greased baking pan and with butter or bacon fat. Bake very slowly at 300°F. until slightly underdone ; add sufficient milk to a depth of ¼ inch he pan, and finish baking.

TURKEY, FRICASSÉE OF

roceed on the same lines as Fricassée of Chicken.

TURKEY, FRIED

Bone the turkey completely, then proceed on the same lin
Fried Chicken, or *see below*.

TURKEY, FRIED BREAST OF

Cut the breast of turkey into thin slices, dip in well-b
egg, roll into breadcrumbs, and fry in deep fat until golden br
at no more than 350°F., or the turkey will be browned befo
is properly cooked.

Serve with Tartare, Chestnut or Cashew Nut Sauce.

TURKEY, COLD, TO FRY

Cut the remains of a cold turkey into neat pieces, di
Mayonnaise Sauce and roll in breadcrumbs, dip in egg and
in breadcrumbs again, and fry in hot fat to a rich golden bro
Serve with turkey carcase gravy.

TURKEY, FRIED MEXICAN STYLE

Cut a small turkey into neat serving portions, sprinkle w
salt and pepper. Heat some fat in a frying pan, add a split cl
of garlic and 2 green peppers cut in small pieces; when ga
turns colour, remove it. Place the pieces of turkey in the
and fry gently until well browned.

Add 1 lb. tomatoes cut in small pieces, cover, and let sim
until tomatoes are tender.

TURKEY, BREAST OF, WITH GRAPES (Using an
Bird)

First boil the turkey, cut off the breast whole and cut i
neat slices. Fry the slices in foamy butter and cover with skin
seedless grapes tossed in the same butter.

Serve with slices of boiled ham or tongue.

TURKEY, HASHED

Strip the meat from the remains of a cold turkey, break up the nes and roast them with 1 sliced carrot, 2 sliced onions, 2 cks of celery, all lubricated with a little fat. Having well owned the turkey bones and vegetables, place them in a pan vered with cold water and simmer until all the goodness is tracted. Strain the liquor and reduce by rapid boiling to pint.

With this stock make a rich brown sauce with 3 ozs. toasted ux; add the turkey trimmings, 2 ozs. sliced mushrooms, ozs. cashew nuts, or chopped chestnuts, and let all simmer for minutes.

Serve with triangles of toast and any vegetables you like, cept cabbage.

TURKEY HASH CHÂTEAU DE MADRID

Cut the breast of a cold turkey in small cubes. Place in a uté pan with 1 pint of Cream Sauce well seasoned. Fill as any red peppers (pimentos) as possible with the mixture, place n a platter so as to have the appearance of little red caps. Place the oven for 5 minutes only, take up, and serve with Créole auce poured around them.

TURKEY SALAD, JELLIED

This can be made with ordinary aspic jelly, or for a new thrill, emon jelly.

Dissolve 2 ozs. powdered gelatine and 4 ozs. sugar in a ½ pint ot water; when fully dissolved, add 1 pint cold water, the juice f 6 lemons, 3 tablespoonsful white vinegar, ½ teaspoonful salt. hen almost set, add 1 lb. cubed cold turkey, 8 ozs. cooked peas, sliced pimentos. Pour into a flat mould and leave to set.

Unmould, cut into squares, and mask with Mayonnaise auce.

TURKEY À LA KING

Dice 1 lb. cold turkey into ½-inch cubes, slice 4 ozs. mus rooms, 1 green pepper, 1 whole pimento. Sauté all in butt until mushrooms are tender; add 1 pint good rich turkey Crea Sauce, and simmer 10 minutes. Add 1 glass of madeira wir and serve.

TURKEY, KROMESKIS OF

Mince 8 ozs. cold turkey and 4 ozs. ham or tongue in th mincer, using the medium plate; passing 1 oz. onion and 1 o mushrooms, through the mincer with the meat. Heat th minced ingredients in a sauté pan with 1 oz. butter, add ½ pir thick Cream or Béchamel Sauce, heat well, and add 2 yolks c egg. Stir vigorously, but do not allow the mixture to boil.

Turn the ingredients out on to a small dish to cool. Whe cold, shape into rolls with the aid of a few breadcrumbs if sticky and wrap each roll in a rasher of steaky bacon. Dip them i fritter batter and fry them to a nice golden brown.

Serve with Tomato or Mushroom Sauce.

TURKEY LOAF

Mince 8 ozs. cold, left-over turkey, and mix with 1 lb. gooc lean pork sausagemeat, 2 ozs. breadcrumbs, ½ teaspoonful salt ¼ teaspoonful pepper, 2 tablespoonsful chopped parsley, 2 well-beaten eggs, ½ pint milk. Mix thoroughly and turn the mixture into a greased loaf pan. Bake in a pan of water at 400°F. from 40 to 45 minutes.

TURKEY PIE

Boil a small turkey as described under that heading, take up the turkey and allow to cool, setting the strained stock aside to cool and allow the fat to settle. Cut the turkey into pieces about 3 inches long.

Melt 2 ozs. turkey fat, add 2 ozs. flour, some pepper, salt and ound nutmeg. Add 1½ pints of hot turkey stock gradually, rring constantly till thick and creamy. When thickened, add dessertspoonful of lemon juice, 1 can evaporated milk, and the rkey.

Fill a pie-dish and cover with puff pastry, brush with beaten g, and bake at 400°F. for 15 minutes; then reduce to 350°F. r the next 30 minutes, when the pie should be nicely browned d ready to take up.

TURKEY RISSOLES

Pass through the mincing machine (fine plate), 8 ozs. cold, ft-over turkey, 4 ozs. cold, left-over potato, 1 oz. onion. Force l through the plate with 4 ozs. soft bread. Mix well together ith 1 egg, 1 teaspoonful chopped parsley, pepper and salt to ste, and ¼ pint white sauce.

Shape into balls or 2-inch cork shapes, dip in well-beaten egg, ll in breadcrumbs, giving a slight pressure to make the bread-umbs adhere. Fry in hot fat to a nice golden brown. Serve ith any re-heated left-over turkey gravy.

TURKEY, TO ROAST

The turkey enjoys the singular advantage of assembling round it every class of society at Christmas time. Great care, nd sometimes loving thoughts, are bestowed upon the bird, o ensure that it reaches the table in its utmost perfection. A te start on Christmas Day can be fatal, for you must never rush he roasting of a turkey, if you require it to be juicy and full of avour.

Let me first set you out a time-table, which will shock many ooks of the old school, who roast a turkey at 450°F. Cooking turkey at high temperature dries the bird, messes up the oven, ausing a lot of work in constant basting, oft-times burns the

parson's nose and legs, and gives the carver a headache beca it arrives at the table over-roasted, falling to pieces, and qu dry and tasteless.

Well, here is the time-table.

Dressed Weight	Oven Temperature	Cooking Tim
8—10 lbs.	325°F.	3 —3½ hours
10—14 lbs.	325°F.	3½—4 hours
14—18 lbs.	300°F.	4 —4½ hours
18 lbs.	300°F.	4½—5 hours
20 lbs.	300°F.	5 —6 hours

The oven, of course, must be well pre-heated. Now, to this, you need to make an early start, but the pride in sendi the bird to the table will certainly repay you.

Stuff the bird with your favourite turkey stuffing—ve sausage, chestnut, cashew nut, or mushroom. All of the will be found in the section, Sauces, Stuffings and Garnishing

Truss the bird as described under that heading. (Pluckin drawing, carving, will also be found under their respecti headings).

Season the bird with salt and pepper, smear all over wi bacon fat, and set the bird in the roasting pan uncovered—ye uncovered—and roast to the times prescribed, basting only each hour. As you are roasting at such a low temperature, n elaborate covering is required, no constant basting is require and it leaves you free to attend to all the other little incidenta with ease. If you have pre-heated your oven, the bird wi emerge juicy, tender, and full of flavour.

Roast the giblets in the pan with the turkey, to enable you t make a rich brown gravy, by swilling the pan with ½ pint wat and thickening with a little flour and water.

Send the turkey to table with grilled pork sausages, Brea Sauce, and the gravy.

TURKEY ROLLS

Cut a slice from the top of 6 soft rolls and scoop out all the t crumbs, leaving only the crust. Fry the crumbs in butter, d ¼ pint white sauce, ½ lb. minced turkey, 1 tablespoonful nced onion, and heat all well together. Add seasoning to te, and fill the rolls, heating them thoroughly in the oven at 5°F. from 15 to 20 minutes.

Garnish with slices of hard-cooked egg.

TURKEY, ROULADE OF, À LA MAHER

For each serving required, cut a broad thin slice from a roast boiled turkey breast. On each slice of turkey place a very n slice of cooked ham and 3 or 4 cooked giant asparagus ears, roll up and place in a buttered baking dish. Brush well th melted butter and heat in oven until very hot.

Take up the rolls and place on a dish. On top of each place mushroom cap sautéed in butter. Garnish with parsley d cover with Chestnut Sauce.

TURKEY CLUB SANDWICH

Spread 3 slices of toast with mayonnaise; cover each with ces of turkey and a crisp lettuce leaf. Cover with a second ce of toast; arrange sliced tomatoes on top, spread with Chile uce, and place strips of bacon on tomato. Cover with a third ce of toast. Cut diagonally and garnish with olives and pickles. If necessary, fasten sandwiches together with toothpicks.

(*Sufficient for* 3 *double-decker sandwiches*)

TURKEY, SCALLOPED WITH NOODLES

Cook 6 ozs. noodles, dice 1 lb. cold turkey. Cook 2 ozs. ion with ½ oz. green pepper in turkey fat, and drain off excess t. Cook 8 ozs. of fresh or frozen peas. Blend all ingredients th 2 pints turkey Cream Sauce. Pour into greased individual sseroles and bake from 20 to 30 minutes.

Buttered crumbs may be sprinkled over the top of the casseres before baking, if desired.

TURKEY STEAKS

Bone a small turkey. Roll the boneless thigh in half t breast, bind with string and freeze. When quite hard, cut in steaks, sprinkle with salt and pepper, brush with melted butte and grill steadily until tender.

Dress on a split toasted muffin, garnished with button mus rooms and serve with Sauce Diable.

TURKEY, STEAMED

If the turkey is old or tough, steam until almost tender befo roasting. Steaming is also employed when the meat is to b used for sandwiches, salads, etc., as the meat when cold is n so dry as a roast turkey. Steaming also tends to bleach the da meat.

When steaming a turkey, it requires only half the time take to simmer a bird.

TURKEY TETRAZZINI

Cut 1 lb. cold turkey into thin strips and mix with ¼ pi rich Cream Sauce, 2 ozs. boiled spaghetti, 2 ozs. sliced mush rooms sautéed, and season lightly. Butter some individua casseroles, sprinkle the bottom and sides with grated cheese an brown buttered breadcrumbs, fill with the turkey mixture, an place in a baking tin half filled with water. Bake in a moderat oven until golden brown, and serve with Tomato Sauce.

TURKEY TURNOVERS

Make 1 lb. flaky puff pastry, roll out to ¼ inch thickness an cut into 4-inch squares. On the half of each triangle place spoonful of well-seasoned creamed turkey, brush the edges wit milk and fold the other triangle over the turkey. Press th edges well together, brush tops with egg or milk, and bake a 425°F. about 20 minutes, until nicely browned.

Serve with Mushroom Sauce.

TURKEY WAFFLES

Cream 4 ozs. butter with 1 oz. sugar and a pinch of salt, adually add 2 yolks of egg, 2 ozs. minced turkey, 1½ ozs. flour. end in 2½ ozs. whipped cream and 2 well whipped whites of g. Proceed as usual in cooking the waffles.

VENISON (*Venaison*)

Venison is the culinary term for the flesh of all kinds of deer. hat of plump, natural, forest-fed animals is considered the oicest. Stall-fed venison is poor and coarse when compared th that brought in from its natural haunts. The meat of the er is improved by moderate hanging, but care must be taken see that it is not so old as to be stale. Indications of staleness e an offensive smell under the kidneys, the vein in the neck will green or yellow instead of a bluish hue.

Venison, to be kept, should be wiped dry and dusted with wdered ginger and hung cut end up, in a cool airy place. our may be used for dusting if the meat is to be kept for no nger than a week.

A haunch of venison consists of the hindquarters—the leg d loin. The best-end neck piece is considered next in order merit to the haunch. All other parts are best used for casserole pies, being unsuitable for roasting. The head and trimmings ake excellent soup.

(*See notes on Deer for stag and hind venison*).

CCOMPANIMENTS FOR VENISON

Port wine sauce or gravy, redcurrant or rowan jelly, or orange lad, are the usual things to serve with venison, garnished with atercress and served with peas, French beans or cauliflower, ut never with Brussels sprouts or cabbage.

Carving of Venison

The usual carving joint for venison is the haunch (the quarter or leg and loin in one piece). The neck as a rule is s as cutlets, and the remainder of the thin forequarter is us puddings, pies, hash, etc. The saddle of venison is carv the same manner as a saddle of mutton. Likewise, the carved in the same manner as a leg of mutton. In carvin haunch, first turn the knuckle end furthest from you and the point of the knife make a deep cut from the knuckle e the end of the loin. You may then cut all the slices you in long cuts from end to end, with the knife slightly on the s

Venison should not be cut too thick, and should be s with a specially prepared game or port wine gravy or sauce. fat of venison is likely to become disagreeable if allowed t cool too soon, so one needs to have a really hot joint and to quickly.

Choosing of Venison

Reputable dealers will always leave the hoof on, to revea age of venison. If small and smooth, all is well, but if large rough, then the joint will require careful handling and cool The meat of venison should be dark and of fine grain, th firm, thick, clear and white. The more fat there is, the b eating qualities the meat will have, for venison can be very Read also the introductory notes on venison, for if the ver feels damp, then it will not mature well.

Cooking of Venison

Venison can be cooked in almost any of the ordinary met of meat cookery. The leg, haunch and saddle are the only j which will roast satisfactorily. The shoulder and breast best braised or stewed. The neck, if well hung and matu will make nice cutlets. Venison, being of a dry nature, n to be well basted when baked, roasted or grilled. Usually, joints as the leg or haunch are wrapped in a venison pastry

l all the juices, while the saddle is covered with slices of am or bacon to keep it moist.

GING OF VENISON

cool weather venison should be hung at least 14 days before ooked, longer if the weather will permit. When the venison eived, it should be washed and dried thoroughly. Sprinkle a mixture of pepper and ground ginger, examine every d day, and dust with more pepper and ginger at the end of rs. Before roasting, cut off any small, dry or over-mature , rinse and dry well.

MARINATE VENISON

ne best method of marinating venison is to rub it all over a good French Dressing made with oil, vinegar, chopped s and chives. Baste the venison with more French Dressing ¼ hour for 2 hours, keeping well covered between 2 dishes ng this period. This will help to overcome the dryness of meat and prepare it for roasting. A recipe for French sing will be found in the section devoted to sauces.

ternatively, lay the venison on a dish, cover with a grated n, and sprinkle well with salt and pepper. Mix together ½ pint oil, ¼ pint vinegar, and baste the venison frequently with mixture for 2 hours, keeping well covered in between the ng process.

VENISON CUTLETS AMÉRICAINE

im the cutlets from a well hung neck of venison, season, n egg, roll in breadcrumbs and sauté in butter. Dress the ts in a circle on a dish, fill the centre with an orange salad, serve with Sauce Espagnole.

VENISON, BAKED

Lay a leg of venison on a dish with ½ pint vinegar, ¼ p
oil, 1 sliced onion, 4 sprigs thyme, 4 sprigs parsley, 2 b
bay leaves, and a liberal sprinkling of salt and pepper, a
grated nutmeg, and the grated rind of an orange. Bast
leg with this mixture from time to time, for 2 hours.

Take up the leg and wrap it in a venison pastry. Place
roasting pan and bake at 400°F. for 2½ hours. Serve
port wine gravy and orange salad. (*See Crust for encasing* C
and *Venison, Roast Haunch of*.)

VENISON CHOPS

Venison chops are excellent if the carcase has been well
and matured.

Cut chops from the loin about 1 inch thick, sprinkle with
and pepper and rub well with melted butter or bacon fat.
steadily, turning and basting with more fat as required. S
with Venison Sauce and garnish with watercress.

Alternatively, the chops may be baked in the oven u
oiled greaseproof paper.

VENISON COLLOPS

Bone a forequarter of venison, roast the bones with a
herbs and root vegetables, and make a good rich stock from t
roasted bones, by simmering in stock steadily for 2 h
Reduce the stock to 2 pints by rapid boiling, and make a
venison sauce, as described under that heading.

Cut the boned meat into nice oblong-shaped pieces, di
lemon butter, and fry.

Serve with the Venison Sauce made from the roasted bon

VENISON CUTLETS

im the cutlets from the best-end neck of venison, season
ly, dip in oil, and let stand 1 hour. Brush with more oil,
grill steadily, turning and brushing with more oil as required.
s with a pat of Maître d'Hôtel Butter.
rve with Venison Sauce, to which have been added some
sliced mushrooms.

VENISON À LA DAUBE

one a whole neck of venison. Stew the bones with 8 ozs.
n trimmings, 1 sliced onion, 1 sliced carrot, 1 blade of mace,
y leaf, 2 sprigs of thyme. Cut the meat into neat pieces,
ge with flour, and fry in butter until well browned.
rain the stock, and reduce by rapid boiling to 2 pints, add
zs. redcurrant jelly, 1 glass of port wine, and the meat.
mer all gently until the venison is tender.

VENISON À LA DAUPHIN

roceed as above, leaving out the redcurrant jelly and the
wine, replacing these by 2 glasses of champagne, and
ing with redcurrant jelly.

VENISON À LA FREDERICA

Choose a small leg of venison, season with salt and pepper,
brown in hot fat on all sides in a braising pan, with 1 lb.
ed ham, 2 sliced carrots, 2 sliced onions, and a bunch of sweet
bs. When browned, add 1 quart of cider, cover closely, and
ise in the oven from 2 to $2\frac{1}{2}$ hours. Take up the venison,
in the liquor and thicken with 3 ozs. of roux.
Slice the venison on to a dish and mask with the sauce.

VENISON, FRIED

Cut some slices from the leg, season with salt and pep dredge with flour, and fry gently in clarified butter, turnin required.

Drain off the fat from the pan, add ¼ pint venison stock m from the bones, and swill round to form a gravy, add 2 redcurrant jelly, and allow to dissolve. Reduce the gravy rapid boiling to half its volume, add the juice of ½ lemon, str and serve with the fried venison.

VENISON FRY

One must needs be near the scene of the dressing to en venison fry at its best.

Slice 2 lbs. liver, heart, kidney and pluck, in slices ab ½ inch thick. Season with salt and pepper, dredge well w flour, and fry all in hot fat until nicely browned. Place the in a casserole with ½ lb. sliced onions and 1 pint of very t Cream Sauce. Cover tightly, and cook in the oven until tend

VENISON, GRILLED

Prepare some cutlets from a neck of venison, dip each in we seasoned French Dressing, and allow to stand 1 hour. Re-dip olive oil, and cook under a steady grill, turning frequently a brushing with more oil as required.

Serve with port wine gravy.

VENISON, GRILLED, POLONAISE

Cut 6 slices from a leg of venison, season with salt and pepp dip in oil and grill under a steady heat, turning frequently a brushing with more oil as required. Arrange the slices in a cir on a dish and serve with the following sauce :

To ½ pint Allemande Sauce add 1 dessertspoonful redcurra jelly, 1 dessertspoonful lemon juice, 1 teaspoonful meat extra Simmer together, strain, and pour over the grilled slices venison.

VENISON, HASHED

eft-over venison should be cut into neat slices and warmed in od Port Wine Sauce, with a slight suspicion of ground ginger ed. Do not allow the sauce to boil once the venison has been ed, but do see to its being made as hot as possible.

VENISON CUTLETS WITH OLIVES

roceed as for Grilled Venison, serving the cutlets with a currant jelly sauce, adding 2 ozs. stoned olives to each 1 pint sauce required.

VENISON PASTY (a Scottish Dish)

Bone 5 lbs. forequarter of venison, which will produce 3 lbs. meat, cut it into ½-inch cubes and mix it with 4 ozs. diced con or ham, 1 finely minced shallot, a little salt, pepper and ound ginger. Place all in a pie-dish and top up with port ne gravy. Cover with puff paste, brush over with egg, and ke in a moderate oven from 2 to 2½ hours.

VENISON CUTLETS À LA PRAGUE

Grill some cutlets as described under Grilled Venison, dress a circle on a dish. Pour Poivrade Sauce over them, and serve th redcurrant jelly.

VENISON PUDDING

Cut 3 lbs. shoulder meat into ½-inch cubes and stew in port ne gravy until tender, then cool. Line a basin with suet crust, l with the meat and gravy, cover with a lid of suet crust. Steam ntly from 1 to 1¼ hours—no longer—for remember, the meat s already been cooked.

VENISON, ROAST HAUNCH OF

Having taken note of how to hang venison and how to mar it, as described under those headings, prepare a paste as follo

Sift 5 lbs. flour with 2 ozs. salt, rub into the flour 10 lard, and mix together with 2 pints of water, to make a c smooth dough. Let stand 1 hour. Roll the dough out i oblong shape to take the haunch, leaving it no thicker than ¼ i Take up the haunch from the marinade and wrap it compl in the paste, sealing carefully all joinings. Place in an o at 400°F. for the first 20 minutes, then lower the heat to 35 and roast from 2¼ to 2¾ hours, according to size.

Remove the crust, and serve the haunch with a good Port Wine Sauce and an orange salad or redcurrant jelly.

VENISON, ROAST SADDLE OF

Hang and marinate the venison as previously descrit place it in a roasting pan and cover it well with slices of fat h or bacon, well fastened in position by tying down with stri Place in an oven at 400°F. for 20 minutes, then lower the h to 375°F. and roast from 1 to 1¼ hours. The saddle of veni is never very thick and will cook just as quickly as a saddle mutton. It needs plenty of attention as regards basting, d to its dry nature.

Take up the saddle, remove the fat, and sprinkle well w orange juice.

Serve with Port Wine Sauce and redcurrant jelly.

VENISON, SADDLE OF, À LA SUISSE

This is a straightforward roast saddle of venison, served wi Mushroom Sauce.

VENISON, STEWED

ıe rough shoulder of venison, when boned, will be quite ptable when stewed.

ɔne a shoulder of venison and cut into neat slices, place in n with 2 ozs. redcurrant jelly, the juice of 2 oranges, a little ɔer and salt, and just sufficient water to cover the meat. ı until tender.

hicken the stew with a little flour and water, simmer a ıer 10 minutes, and serve.

VENISON CUTLETS VICTORIA

rill some cutlets as described under that heading. Cut some ıges in half, remove all pips, and bake them in the oven while cutlets are grilling.

rrange the baked oranges, cut side up, on a dish, and lay a et on each. Brush over with melted redcurrant jelly, and e with Port Wine Sauce.

WHEATEAR (*Culblanc*)

Wheatears used to be trapped in considerable quantities on Downs in Surrey, Sussex and Kent. They arrive quite y in this country and are soon busy nesting.

The older birds are not such good fare, but before they migrate, first-year birds will be found very good eating.

Wheatears are now protected by law all the year round, and eft long enough, may be available to us once more. For this son I place on record how they used to be cooked.

Dress Wheatears

Wheatears should be dressed as soon as killed. They should plucked, singed, drawn and trussed in the same manner as ks, quails, or other small birds.

WHEATEARS IN ASPIC

See Larks in Aspic, and proceed in the same manner.

WHEATEARS À LA BONNE FEMME

Prepare a stuffing of 2 ozs. cooked diced onion, 2 ozs. coo diced ham, 2 ozs. cooked sliced mushrooms, mixed toge with 1 oz. melted butter and a little seasoning. Clean 6 b and stuff with the mixture. Brush them well over with bu and grill gently.

Serve with Espagnole Sauce to which the juice of ½ lemo added.

WHEATEARS, BROILED

Clean 1 bird per person, cut off the heads and the legs to knee joint. Truss firmly, dip in well-beaten egg and roll i breadcrumbs, dab well with melted butter, and broil over a cl fire or under a pre-heated grill, turning and dabbing with but as required. Serve on toast.

WHEATEAR CRAPAUDINE

Clean and bone 1 bird per person, brush them inside and o with Lemon Butter, fold in three and wrap each in a slice of bac Roast in a sharp oven for no more than 15 minutes, take them u press flat so that they will lie snugly in some cases of fried bre top up with rich Mushroom Sauce, and serve.

To make the cases of fried bread, *see Larks Crapaudine*.

WHEATEAR À LA LUCULLUS

See Larks Lucullus, and proceed in the same manner.

WHEATEAR, TO ROAST

Wheatears are delicate flavoured birds, and should be dress the same day as killed. After drawing them, brush them w with melted butter and roast at 425°F. for 10 minutes, and 400°F. for 15 minutes, with all their giblets around them. Sw the roasting pan with a little stock and simmer with the roast giblets for 5 minutes, to form a gravy.

Serve with fried crumbs, thin sliced fried potatoes, and the grav

WIDGEON (*Canard Siffleur*)

he widgeon is a wild duck, about one-third larger than the but smaller than the mallard.

he common widgeon is still quite plentiful in Britain during winter, and because of its clean feeding its flesh is quite good. name widgeon is now given to both sexes, but at one time female was known as the whewer.

is in season from the beginning of August to the end of uary, but considered best in October and November, after ch it becomes a little coarse eating, although the amount of n increases in proportion to its bone.

WIDGEON, RECIPES FOR

ll recipes for cooking wild duck can be applied to widgeon. eing a smaller species of wild duck, widgeon takes less time cook. For example, in roasting it will take 10 minutes less e to cook than a wild duck of mature size, remembering t wild duck should not be so fully roasted as the domesticated d.

WILD DUCK (*Canard Sauvage*)

t has been said that a wild duck should be allowed only to through the hot kitchen before it is sent to table. This, course, is an exaggeration. All the same, wild duck is con- ered to be in perfection only when it is well browned and crisp the surface, and so underdone that the gravy flows freely en it is cut.

Notwithstanding the slightly fishy flavour of its flesh, the east is a dainty morsel. The legs are best used in an entrée. As disclosed under the heading of Mallard, the wild duck in se Isles is, of course, the mallard. It is in season August to bruary, but in perfection October to December, after which e flesh takes on a certain coarseness with its age and the fishy vour becomes more pronounced.

Because only the breast is considered fit to serve as a ro and as the wild duck is smaller than the fattened domestica bird, allow 1 bird for 2 persons, or 2 birds for 5 persons.

For a description of the wild duck, in order to be able recognise it, *see Mallard.*

Most recipes given for cooking Duckling are suitable for co ing Wild Duck, but never serve Sage and Onion Stuffing with

To Carve Wild Duck

The breast fillets only are considered worth eating wh roasted. The legs should be stewed and served as a sal Take the breast fillets off whole, by first removing the legs a by taking a long sweeping cut along the full length of the midd of the breast, lift the fillet to one side in an overturning motio A wild duck will provide 2 good breast fillets, just sufficie for 2 persons.

WILD DUCK, AMERICAN STYLE

Soak ½ lb. of bread in milk, add 1 oz. melted butter, salt a pepper to taste. Stuff the bird with this mixture and braise described under that heading.

Cut the fillets from the breast and mask with a brown sau made from the roasted giblets, with a little chopped shall cooked in it and 1 glass of port wine added at the last momen

WILD DUCK À LA BIGARADE

Roast the bird without any stuffing or trimmings, take th breast fillets off whole, mask with Bigarade Sauce and ser garnished with watercress.

WILD DUCK, BRAISED

Prepare the bird as for roasting, sprinkle with salt and peppe

Heat 2 ozs. clarified butter in a pan and brown the bird o all sides. Add ¼ pint stock, 6 button onions, 2 ozs. sliced onio 4 young turnips and a bouquet of sweet herbs, cover tightly, an cook gently in the oven until quite tender, which should be i 25 to 30 minutes.

ake up the bird and drain free from grease. Place on a dish arrange the onions and turnips around it. Serve with young n peas and the strained and thickened liquor from the sing pan.

WILD DUCK, BROILED

oung wild duck are cleaned and split down the back. Wipe with a damp cloth. Rub the bird with olive oil, sprinkle salt and pepper and lay, skin side down, on the rack or ler. Broil steadily at 350°F. from 15 to 20 minutes, or until ler, turning and brushing with oil as required.
erve with Maître d'Hôtel Butter.

WILD DUCK WITH BRAISED CELERY

Roast wild duck is exceptionally good with braised celery. Braise the quartered celery hearts in a shallow casserole and ve it covered with the duck gravy, with the breast fillets laid top and garnished with watercress.

WILD DUCK, FILLETS OF, FLORIDA STYLE

Roast 2 wild duck, take off the breast fillets whole and arrange nd the edge of the dish. Fill the centre with a compote oranges covered with Cranberry Sauce. Serve with Truffle uce.

WILD DUCK À LA FRANÇAISE

Roast 2 wild duck, take off the breast fillets whole, and arrange a bed of fried mushrooms. Mask the whole with Port Wine uce, and garnish with slices of orange.

WILD DUCK, FILLETS OF, WITH OLIVES

Proceed as described for Braised Wild Duck, but omit onions d turnips.
Take up the birds, take off the breast fillets whole, and decorate th a row of split stuffed olives, the full length of the fillet. rve with Orange Sauce.

WILD DUCK, RAGOUT OF

First prepare 1 pint of Port Wine Sauce, to which ad
juice of 1 orange, ½ lemon, and 2 ozs. sliced fried mushro
Heat thoroughly and add the remains of 2 roast wild d
or 1 whole roast wild duck cut into neat joints. Re-heat,
do not boil once the duck is added.

The carcases of the birds, together with the giblets, sh
be utilised to make the stock as a foundation for the sauce.

WILD DUCK, ROAST

Pluck and singe the birds clean, draw and wipe well wi
damp cloth. Rub the inside with salt and an onion split in
Stuff with sliced apples, and truss in the usual manner.

Place the bird in a roasting pan and rub the surface with s
oil and sprinkle with salt and pepper. Roast uncovered
400°F. for the first 10 minutes, then lower the heat to 375
and cook a further 20 minutes or until tender, surrounded w
the giblets.

Remove the bird to a hot dish and serve with gravy m
from the drippings in the pan simmered with the gibl
Serve with a tart jelly like redcurrant, or with orange salad

Some prefer to stuff the bird with mashed potato hig
seasoned, with a little minced onion in it, while others pre
the bird sprinkled inside with a little ground ginger.

WILD DUCK, FRIED, WITH TRUFFLES

Cut off the flesh from the breasts of 2 wild duck and set asi

Roast the carcases till well browned and stew with the gibl
in water for 2 hours, to make a nice rich stock. Strain t
stock and reduce to 1 pint by rapid boiling.

Heat 2 ozs. of butter in a pan, add 2 ozs. finely diced onio
2 ozs. sliced truffles, and simmer till onion is tender; blend
1½ ozs. flour and gradually draw in the 1 pint hot stock, stirri
constantly until the sauce is thickened and creamy.

y the fillets of wild duck gently in butter, turning once or
to ensure they are evenly browned on all sides. Dress the
s on a dish, and pour the truffle sauce over them. Garnish
sliced truffle.

WILD DUCK À LA VICTORIA

ne fillets are cut from the breasts of roast wild duck, served
urgundy Sauce, and garnished with slices of orange. Red-
ant jelly is handed separately.

WOODCOCK (*Bécasse, Bécasseau*)

he woodcock has been described as the queen of the game
s, and has excited the pens of French gourmets to the highest
ures. Here is a rare bird highly treasured for its unusual
our.

he woodcock still breeds in this country, but large numbers
ve from overseas in late autumn and stay in these islands till
ch, when they become quite plentiful on the market.
odcock, like snipe, are only good when they are fat, and are
from October to November.

hey are held in high esteem when roasted, but the art in
ting a woodcock is to cook the legs well done and the breast
erdone. This was easy in the days of the spit, for the birds
d to be halted with their backs to the fire, to allow the legs to
ive the heat while protecting the breast. To-day, with our
s button stoves, we cover the breast with a blanket and leave
legs exposed, and so get the same result.

Woodcocks are not drawn, for the intestines are the most
cate part, and paper should be used to secure them in the
sting process, or they must be cooked on toast for it to receive
m.

To Carve Woodcocks

Woodcock, being a small bird similar to the snipe, is usu
served 1 per person. Should the dinner be a long one, with m
courses, then the birds may be carved by splitting exactly
2 similar portions, care being taken to see that the trail is equ
divided upon the toast on which it is served, as this, together w
the legs, is considered the most delicate part.

To Choose Woodcocks

When woodcocks first reach this country from their long flig
they are usually in an exhausted condition, but given 3 to 4 we
they soon become fat and the flesh firm. Feel the vent; if i
thin, the bird is not in prime condition. The feet should
soft and supple and the mouth and throat clean. Reject th
with dry, stiff feet, and a foul throat and mouth, for woodc
should be eaten as soon as caught.

To Truss Woodcock

Pluck the birds carefully, taking all feathers from head and ne
Singe the birds and cut off the toes only. Never draw the woo
cock, for the trail is considered of very fine flavour when t
birds are fresh. Press the wings to sides and turn the he
under the wing, with the long beak pointing forward. Tie
string round the legs and vent and pass it over the breast,
keep wings and head in position. If cooked before an open fi
they are hung head downwards, to prevent the trail falling o
during the cooking process.

WOODCOCK, DEVILLED

Split a brace of roast woodcock, brush over with Devil Sau
and flash quickly under the grill. Serve on toast with oran
gravy.

WOODCOCK, FILLETS OF

ut neatly the breast fillets from each side of the bird, sprinkle
n salt and pepper and cook in heated clarified butter under
er, for no more than 10 minutes, turning the fillets once
ing the cooking process.
erve with Truffle Sauce.

WOODCOCK À LA LUCULLUS

Roast the undrawn woodcock on toast, as described under the
ding of Roast Woodcock. Mix together 1 yolk of egg, 2 ozs.
am, and pour over the birds directly they are taken from the
n, sprinkle with breadcrumbs and flash under the grill to
p the coating. Serve with thin brown gravy.
f the yolk and cream have been well blended, it will form a
e creamy crust over the birds, and the mixture can be poured
r once or twice until it is all used. The secret is to act as
n as the birds are taken from the oven, before they have a
nce to lose heat.

WOODCOCK PIE (Cold)

Woodcock pie is considered a rare delicacy, although rather
expensive one.
Line a small pie-dish first with thin slices of veal, then with
es of lean ham. Place 3 or 4 undrawn woodcock in the centre,
inkle with pepper, salt, and ground mace, and fill up the spaces
h wedges of hard-boiled egg.
Boil ½ pint beef stock with ¼ oz. powdered gelatine, and top
the pie with stock. Cover with puff paste, brush over with
g, make a little hole in the centre and arrange the feet of the
ds so as to appear to be sticking out of the pie in a bunch.
ke the pie at 450°F. for 15 minutes, then at 375°F. for 35
nutes. Top up with more stock if necessary, and put aside
get cold and set.

WOODCOCK PUDDING

Woodcock puddings are best made individual style.

Line small basins with suet crust, line this with thin
of beef steak and place 1 undrawn bird in the middle, spr
with salt, pepper and ground mace, and cover with suet c
Steam gently (do not boil) from 1½ to 1¾ hours.

WOODCOCK, TO ROAST

There is more art in roasting woodcock than any other
for it needs to be taken up at the exact moment and req
constant attention, or it will soon be overcooked and spoilt.

Truss the birds as previously described, and do not bother
any fancy frillings such as vine leaves or bacon.

Brush the birds well with melted butter and place them
slices of buttered toast, in such a position that when the
leaves the bird it is well caught upon the toast and not left in
roasting pan. Place them in a roasting pan and give a light
of salt and pepper. Roast at 450°F. for from 14 to 16 min
for a rare bird, or, if you do not appreciate them rare, then f
20 to 25 minutes, but not a minute longer. They must be c
stantly basted and the oven door not left open too long in
process.

Serve with orange gravy and garnish with watercress.

I do not advise cooking woodcock at more than 450°F.
try to cook them in less time. They are sweeter and be
flavoured for the few extra minutes cooking at the slightly lo
temperature.

WOODCOCK, SCOTCH

To the uninitiated it should be explained that this is
game, but a savoury, consisting of toast spread with anch
butter, covered with creamy scrambled egg, and topped w
capers and anchovy fillets.

WOOD PIGEONS (*Ramiers*)

ood pigeons need hanging till tender before being dressed. one-year-olds are fit for roasting. The older birds should oked en salmi (as a hash) or as steak and pigeon pie.
ey may be roasted and cooked in any manner described as ne common dovecote bird.

WOOD PIGEONS, BRAISED

uff 4 wood pigeons with good Veal Forcemeat nicely ured with grated lemon. Truss them.
to a braising pan place 4 ozs. diced bacon or ham, with 1 oz. r and a sliced onion. Heat and toss well, add the wood ons and brown these a little on all sides. Tie together 2 s of parsley, a sprig of thyme, 1 bay leaf, and add this to the with a little salt and pepper and 1 pint good clear stock. r all with buttered paper and place the lid on tightly, cooking ntly as possible until tender.
ake up the birds and keep hot, while the gravy is reduced apid boiling to half its volume. Glaze the birds with the ced stock and serve with green peas or mushrooms sautéed.

WOOD PIGEONS EN CASSEROLE

russ 4 wood pigeons and wrap each in a slice of fat ham or n, fry them in dripping or butter until a light golden brown, place them side by side in a casserole. Around the wood ons place a few peeled mushrooms and some small button ns, add a large glass of red wine, salt and pepper, and suffi- t stock almost to cover them. Cook the birds under tight r from $\frac{3}{4}$ to 1 hour very gently, and send to table in the erole in which they were cooked.

WOOD PIGEONS EN FRICANDEAU

Split 4 wood pigeons each in half and lay them in a cas on a bed of chopped leeks. Cover each half bird with a slice of bacon, sprinkle with salt and pepper and three-qua cover with veal stock. Cover closely, and cook in the from 25 to 35 minutes, when they should be done.

Strain off the liquor into a saucepan, and reduce by boiling to half its volume. Pour it back over the birds and in the casserole in which they were cooked.

WOOD PIGEONS, GRILLED

Split 4 wood pigeons down the back and flatten them w chopper, sprinkle them inside and out with salt and pe and dip them in olive oil. Grill them under a pre-heated about 20 minutes, turning frequently and brushing with oil if required.

Serve with Tomato or Mushroom Sauce.

WOOD PIGEONS EN PAPILLOTES

Split 4 young wood pigeons down the back and fill them liver sausage rubbed down with a little butter and finely mi onion. Season well with salt and pepper and dip each bir olive oil.

Grease 4 sheets of greaseproof paper, lay a sprig of thyme parsley on each and lay the bird in the centre. Enfold the b in the paper, giving the ends a good twist to prevent the es of steam. Bake the birds in an oven at 425°F. from 30 t minutes.

Send to table in the paper without any sauce.

WOOD PIGEON PIE

Proceed as described under Pigeon Pie.

WOOD PIGEON, ROAST

Proceed as described under Pigeon, Roast.

9

UCES, STUFFINGS, GARNISHINGS AND MISCELLANEOUS

ıe French have long ago reduced their sauce-making to a ce, simplifying the entire process by developing the mother es to a fine art.

ıese mother sauces consist of:

Sauce Espagnole, or Spanish Sauce
Sauce Allemande, or German Sauce
Sauce Velouté, or Velvet Sauce
Sauce Béchamel, or White Sauce.

l of these mother sauces have their roots in the earliest ıch cookery practice, being the broths of white or of dark ts, reduced by rapid boiling to a very small proportion of original volume, until they become rich and thick. The ıch, being noted for their ancient dish, pot-au-feu, always ıering at the side of the hearth, the first saucier ladled a quantity of rich broth, boiled it down to a minute amount developed the original brown sauce. All of this, in the first e, may have been an accident, the broth or stock having ı forgotten until it had reduced by rapid boiling to such a ll amount, with its concentrated flavour.

arious thickening agents came into use as sauce-making eloped, such as pounded almonds for the white sauces, the blood of beast or bird for the brown sauces. Roux e into its own at a later date. With Brown roux to thicken brown broths, and creamed or white roux to give more y and stability to the white broths, the great geniuses of the ıch cuisine developed the refinement of these mother sauces.

The Castilians who married into French aristocracy bro with them their renowned hams from Spain and somet their cooks—thus the broth of the pot-au-feu was comb with its Spanish version, the " olla", and the French brown s had its name changed to the now familiar Sauce Espagn Subsequently, the Sauce Allemande made inroads into French household, and later the Marquis de Béchamel inve his famous French white sauce, which now acts as a founda to so many of the sauces of to-day, in addition to the ti honoured Velouté. Thus, the four sauces remain to this and are the essentials to all sauciers.

A sauce is judged by the texture and feel of it on tongue palate, and the subtle balance of flavours that unroll like a sc

The most popular method of thickening sauces is effe by means of roux. Literally, roux means russet, but in culinary field it is a mixture of flour and butter (or fat) blen cold, or by heating the butter till brown, and cooking the fl to certain degrees of light, medium, or dark brown. The thi ness of the sauce will depend on the amount of roux used thicken each pint of sauce, or upon the strength of the roux us For example, the three degrees of thickness of a sauce (th medium or thick) would be obtained by blending the follow amounts of roux to each 1 pint of liquid to be thickened :

THIN	MEDIUM	THICK
1 oz. butter	1½ ozs. butter	2 ozs. butter
1 oz. flour	1½ ozs. flour	2 ozs. flour.

The thin sauce has a free flowing consistency. The medi is used as a masking agent. The thick, when required as a bi ing agency for croquettes, etc.

The goodness or flavour of the sauce relies to a considera extent on the richness of the liquid to be thickened. instance, it may require 2 pints of liquid to cook *x* pounds of fo The amount of sauce required may only be ½ pint. The m sensible way to make use of the flavour contained in the 2 pi of liquid for the ½ pint sauce, would be to reduce the 2 pints

l boiling, so driving off the unwanted moisture, leaving all goodness and flavour in ½ pint of liquid.

nce you have mastered the art of making the four mother es, the rest is comparatively easy, for there are several short to sauce-making if one knows the basic sauces required, the various additions for the multitude of known sauces ne 75c of them).

n many of the following sauces I will merely name the mother ce (which will be found under its appropriate heading) and the additions required to make it a complete sauce, to suit dish which it may accompany. As, for instance, 1 pint of hamel Sauce could be divided into 4 equal ¼ pints, one of ch could be flavoured with anchovy essence, one with, say, ers, the next with a little pea-nut butter, and the last, say, n cheese. Thus, 4 distinctly different flavoured sauces made from the 1 mother sauce.

Having grasped this idea, then sauce-making becomes simple.

ALLEMANDE SAUCE

This sauce goes back to the days when it was spelt Almayne, l is one of the few sauces that should be made quite thick.

Make a roux of 1 oz. butter and 1 oz. flour, simmering ether without colouring. Add ½ pint hot chicken broth, ittle at a time, stirring constantly till well blended. Beat 1 g yolk and pour the sauce over it, and next beat in 1 oz. butter, ablespoonful lemon juice, season to taste, and serve.

ANCHOVY BUTTER (I)

Take 4 pickled anchovies, cut off their heads, wash and bone em ; then pound them with sufficient butter to make a paste, d add a little scalded and chopped parsley. Far too often scalded parsley is used. The anchovies can be easily pounded th a broad knife on a board, and it does not require a pestle d mortar for this simple butter.

ANCHOVY BUTTER (II)

Cream 4 ozs. butter and add gradually 4 tablespoonsfu good anchovy essence. Spread on a plate and set in refrigerator.

When required, cut into neat, diamond-shaped pieces.

APPLE SAUCE

There is no need to peel or core apples for apple sauce, if will make it this easy way. Use tart, juicy apples, cut in eigh Use only enough water to steam, without burning. Cook slo until soft, strain, add sugar to taste, and simmer until dissolv

Alternatively, go to all the bother of peeling and coring apples and do not strain the sauce, but remember, the flav of the apple is nearest the skin.

For Brandy Apple Sauce, whip in brandy to taste.

APPLE STUFFING

Peel and core 2 lbs. tart apples, chop them coarsely and m with ½ lb. chopped mixed nuts, 3 ozs. breadcrumbs, 3 ozs. melt butter, and 4 chopped mint leaves. (*See also Goose Ap Stuffing*, in Goose Section, page 122).

ASPIC JELLY

2 pints veal stock	rind of 1 lemon
¼ pint tarragon vinegar	juice of ½ lemon
2 sprigs parsley	2 ozs. powdered gelatine
1 sprig thyme	1 thin slice of onion
1 chopped stick of celery	salt and pepper

2 egg whites

Put all ingredients into a pan, except egg whites. Beat up e whites and add to rest of ingredients. Stir all over heat till near boiling. At this point, watch very carefully. Allow to com to the boil once, then remove the pan to the side of the sto for 20 minutes. Strain the jelly through a thin flannel jelly bag times, when it should be crystal clear. If the jelly is allowed t come to a rapid boil and kept boiling more than a minute, it wi be cloudy.

BATTER FOR FRYING

here are many types of batter preparation, the worst being
e made with self-raising flour, which result in a thick, greasy
ng of half-cooked batter. Use good plain flour.

TER (I).

eat together 4 ozs. flour, ¼ pint milk or water, then add 2
-beaten eggs, salt and pepper to taste, and leave to stand
our before using.

TER (II).

eat together 4 ozs. flour, ¼ pint milk or water, then add 1½ ozs.
ted butter, 1 well-beaten egg, and pepper and salt to taste.
w to stand 1 hour before using.

BATTER PUDDING

or a successful pudding, you require :

1. a hot oven ;
2. the greased pan to be well heated ;
3. plenty of elbow work.

Mix together 8 ozs. flour, ½ oz. salt, 2 eggs, and ¼ pint milk.
t vigorously to a paste, then gradually work in another ½ pint
k a little at a time. Let stand 30 minutes.

Have the oven heated to 450°F. ; grease the baking pan well
heat that to the same temperature as the oven. Pour in the
ter quickly, and if meat or game is to be added, set the pieces
l apart.

BÉCHAMEL SAUCE (For Chicken)

int milk	2 ozs. butter
int strong chicken broth	1¼ ozs. flour
lade mace	1 bay leaf
lices of onion	salt and pepper

Scald milk and chicken broth, with seasonings and herbs.
eam together the butter and flour, and add little by little to the
ated liquor, stirring constantly over heat till thick and creamy.
rain, re-heat and serve.

BIGARADE SAUCE

To ½ pint rich Espagnole Sauce add 1 glass of port wine the rind of 1 bitter orange, and simmer all 5 minutes ; add juice of 1 bitter orange, re-heat, strain, and serve.

BLACKCOCK SAUCE

Having roasted the giblets in the same pan as the blackco take up the liver and work it to a paste with a knife. Return liver paste to the roasting pan, add ¼ pint stock, 1 glass of p wine, and simmer all for 5 minutes, swilling well to take up the drippings from the bird.

Skim off any fat, remove the giblets, do not strain, and ser

BREAD SAUCE

To 1 pint of milk add 1 onion the size of a lemon, 1 oz. butt salt and pepper. Bring all to the boil, add 4 ozs. breadcrum cook 5 minutes, remove onion, and serve.

If you like the flavour of clove, then stick 2 in the onio so that you can remove them easily. For myself, I consid clove ruins the flavour of poultry or game birds.

BURGUNDY SAUCE

¼ pint brown stock
2 shallots minced fine
¼ pint burgundy
1 oz. flour
1 sprig parsley
1 sprig thyme
2 tablespoonsful lemon juice
salt and pepper to taste
1 oz. butter

Heat butter in a pan, add minced shallot and brown wel Mix in the flour, and gradually add stock and wine. Let a simmer with the herbs 5 minutes. Strain, add lemon juice, an serve.

CASHEW NUT SAUCE

Simmer 2 ozs. cashew nuts in ¼ pint stock under cover, unt tender. Blend with ½ pint rich Espagnole Sauce.

CASHEW NUT STUFFING

Simmer 1 lb. of cashew nuts in 1 pint of stock until tender. ain off any surplus stock not absorbed by the nuts. Add 3 ozs. ely chopped fried bacon, 2 ozs. butter, salt and pepper to taste. Should the nuts absorb all the stock and be a little on the stiff e, add a little Espagnole Sauce to make it into the desired nsistency for stuffing.

CELERY STUFFING

Cut 2 lbs. of celery heart into small crescent shapes, stew them chicken stock with 2 ozs. butter, 1 large pimento chopped fine, d salt and pepper to taste. When tender, add 1 dessertspoon- l chopped parsley, and add sufficient breadcrumbs to take up all e surplus stock to form a consistency of stuffing.

CHAMPAGNE SAUCE

To ½ pint Espagnole Sauce add 1 clove, 2 peppercorns, 1 small ay leaf; simmer until reduced by half. Add 1 glass of cham- agne, stir and simmer until blended. Strain and serve.

CHAUD-FROID SAUCE

Chaud-froid sauces are used for coating meats, fish or game, r buffets and gala occasions. They are usually white, based on e mother sauce, Béchamel or cream sauce; or brown, based on spagnole or brown sauce.

The stock used for the sauce is reduced nearly to a glaze, to nsure that the sauce, when made, will set clean and not be icky when the pieces of cold meat, poultry or game are coated. lternatively, if the sauce is not rich enough to set, a little aspic r gelatine is added.

Thus, for a White Chaud-froid Sauce, make 1 pint rich Béchamel or cream sauce, and simmer until two-thirds its volume.

For Brown Chaud-froid Sauce make 1 pint rich Espagnole r brown sauce, and simmer until two-thirds its volume.

Alternatively, add 2 ozs. stiff aspic jelly to 1 pint of Béchar or Espagnole Sauce, reduce down to its original 1 pint, and sauce will be ready for masking or coating the pieces and will firmly.

Of course, white Chaud-froid is used for poultry, and brown Chaud-froid for game birds.

CHERRY SAUCE

To 1 pint of Velouté Sauce add 3 ozs. sliced preserved cherri simmer 5 minutes and serve.

CHESTNUT PURÉE OR SAUCE

Cut the points off 1 lb. of chestnuts and roast them at 450° for 20 minutes. Peel and skin them, and cook till tender in 1 pi of Espagnole or brown sauce. When quite tender, press t chestnuts through a strainer with the sauce, re-heat and serve.

CHESTNUT STUFFING

Cut the points off 2 lbs. of chestnuts and roast them at 450° for 20 minutes. Peel and skin them, and cook till tender in 1 pi of well-seasoned stock. Drain off all surplus stock, add 4 oz chopped fried bacon or ham, 1 oz. butter, and sufficient brow sauce to bring to the desired consistency of a stuffing.

Should the stuffing be in the least sticky, add a sprinkling breadcrumbs.

(*See also Goose Chestnut Stuffing* in Goose Section, page 122)

CHESTNUT AND MUSHROOM STUFFING

To the chestnut stuffing as described above, add 8 ozs. slice fried mushrooms.

CHICKEN GRAVY

Never throw away the chicken feet, as they are full of flavour
d most gelatinous for making sauces or gravy.
Scald and scrape the feet and roast them in the pan with the
icken, along with all the giblets. After you have taken up the
icken, sprinkle the giblets with a little salt and pepper, add
pint of stock or water, and simmer the feet and giblets from
to 15 minutes, to extract all the goodness, swilling the roasting
n well to take up all the browned drippings. Skim off the fat,
not thicken, and serve.

CHICKEN AND MUSHROOM STUFFING

Fry 8 ozs. chopped mushrooms in chicken fat, add 8 ozs.
inced cold chicken, 1 tablespoonful chopped parsley, 1 pint
ell-seasoned chicken stock, and simmer all for 10 minutes;
d sufficient breadcrumbs to form a consistency for stuffing.

CHICKEN SAUCE

Chicken Sauce is usually served with boiled chicken and made
om the reduced stock in which the bird was cooked.
Take 2 pints of chicken stock and reduce by rapid boiling to
alf its volume (1 pint). Heat 1½ ozs. butter in a pan, add 1½ ozs.
our, and mix well; gradually add the hot chicken stock a little
a time, stirring constantly till thick and creamy. Simmer all
r 10 minutes, add 2 tablespoonsful of cream or evaporated milk,
dessertspoonful of chopped parsley, and serve.

CIDER SAUCE

Proceed as for Chicken Sauce, using half cider.

CLARIFIED BUTTER

Place the desired amount of butter in a stewpan and let it
issolve slowly. Skim off all the scum as you raise the heat of
he butter. When no more scum appears, pour off the butter
ery carefully so as to keep out the sediment. This is now ready
o use when re-heated.

CRANBERRY SAUCE

Wash 1 pint of cranberries, place in a pan with ¼ pint of wat Cook until berries burst and are soft, strain through a colande and sweeten to taste. Serve cold, with poultry, game or mea

For a change, try sweetening the sauce with honey, instead sugar.

CREAM SAUCE

To ½ pint thick Béchamel Sauce add while hot ¼ pint crea mix well and use at once.

For those wishing to practise economy, full cream evaporate milk may be used to replace the cream, and wherever cream mentioned in these sauces.

CRUST FOR ENCASING GAME (I)

First size up how much crust you will need to encase or wra up the game to be baked. For an average size haunch of venison you will require 5 lbs. flour, 10 ozs. lard, 2 pints water (5 lbs.).

Rub lard into flour and make into a nice clear dough with th water ; allow to stand 30 minutes before rolling out.

To help you calculate your requirements for your own par ticular piece of game, for each 1 lb. of flour, it will take 2 ozs of lard and 1 lb. water, to make a nice clear dough.

CRUST FOR ENCASING GAME (II)

See above, but omit lard, and use 3 ozs. butter to each 1 lb of flour.

CURRY SAUCE (For Poultry or Game)

Heat 1 oz. butter in a pan and simmer 1 oz. finely minced onion to a light golden brown, add 1 small teaspoonful of good curry powder, stir well, and lastly add ½ pint thin Béchamel Sauce. Simmer 3 minutes, strain and serve.

DEMI-GLACE SAUCE (For Game or Poultry)

To ½ pint Espagnole Sauce add ¼ pint game or chicken gravy cording to the dish for which it is required). Simmer gently il two-thirds its original volume, season to taste, skim off all , strain and serve.

DIABLE (DEVIL) SAUCE

To ½ pint Espagnole Sauce add 1 teaspoonful meat extract, ablespoonful Worcestershire Sauce, 1 tablespoonful prepared ustard, a little cayenne pepper. Heat well, and add 1 tea-oonful minced parsley.

ESPAGNOLE (SPANISH) SAUCE

Good brown stock is required to make this sauce properly; so, do not be in a hurry.

Melt 2 ozs. butter and let it brown slightly. Add 2 ozs. our and let simmer, while stirring, for from 10 to 15 minutes, l it becomes nicely browned. Have ready 2 pints good brown ock, and add this, ½ pint at a time, to the browned butter and our (roux) stirring constantly till thick and creamy. Each ½ pint stock must be well incorporated before the next ½ pint is added. immer the sauce till it is reduced to three-quarters of its original olume, taste for seasoning and it is now ready as the base of any other sauces.

The flavour of the finished sauce will greatly depend on the chness of the stock used, which should be made from browned oultry or game carcases.

FORCEMEAT BALLS (For Hare)

Cook the liver of the hare in a little stock and mince very nely. Into a bowl place 2 ozs. breadcrumbs, 1 oz. diced bacon, oz. chopped onion, 1 tablespoonful chopped parsley, 1 teaspoon-ul chopped thyme, 1 oz. melted butter, salt and pepper to taste, nd the minced liver. Mix well together with 1 large egg to form a nice paste, shape into balls about the size of a large walnut,

dip in egg, roll in breadcrumbs, and fry in deep fat, or bake the oven, sprinkled with a little dripping.

FORCEMEAT BALLS (Savoury)

Into a bowl place 2 ozs. breadcrumbs, 1 oz. diced baco 1 oz. finely chopped beef suet, 1 tablespoonful chopped parsle 1 teaspoonful mixed herbs, thyme and marjoram. Add salt an pepper to taste, and mix with 1 well-beaten egg. Finish described for the previous recipe.

These forcemeat balls will be found suitable for chicke turkey, rabbit, etc. They may be baked, fried, or cooked insid the bird.

FRENCH DRESSING

Mix in a basin 1 dessertspoonful of French mustard, 1 tea spoonful of salt, ¼ eggspoonful of pepper. When well blended add 2 ozs. white wine vinegar and 8 ozs. olive oil. Beat up well Lastly, add 1 dessertspoonful of chopped chives.

GOOSEBERRY SAUCE

½ lb. green gooseberries — 1 oz. melted butter
1 oz. sugar — pinch of nutmeg
4 tablespoonsful of water

Stem gooseberries and cook with water and sugar. Mash to a pulp, add a pinch of nutmeg. Beat in melted butter and serve.

GRAVY (Brown)

To obtain good brown gravy with your chicken or game bird, be sure to save the feet and scald them, to be thrown in the roasting pan with the neck, gizzard and heart of the bird. By roasting the giblets in the pan, it is an easy matter to add a little pepper and salt, and ½ pint stock or water, when the bird has been taken up. Swill the baking pan well and allow the stock or water to simmer with the giblets 5 or 10 minutes, to extract all flavour.

Thickeners should only be added when instructed. Far too often, good brown gravy is spoilt by its thickening.

HAM STUFFING

Fry 8 ozs. finely minced ham in a little butter, add 4 ozs. eadcrumbs, 1 tablespoonful mixed herbs, parsley, thyme and ar;oram, a little pepper, mix well together with ¼ pint of cider, d bind with 2 well-beaten eggs.

HORSERADISH CREAM (I)

Season ½ pint thick cream lightly with salt and pepper, and d 1 dessertspoonful prepared mustard. Whip the cream almost ff, then blend in 3 ozs. finely grated horseradish.

HORSERADISH CREAM (II)

Proceed as above, using Cream Sauce in place of thick cream. emon juice may be added at the rate of 1 tablespoonful to each pint of cream or sauce.

ITALIENNE (ITALIAN) SAUCE

To ½ pint Espagnole Sauce add 1 oz. finely minced onion rowned in 1 oz. butter, and 1 oz. chopped mushrooms sautéed.

JULIENNE POTATOES

Cut some potatoes in match size strips, soak them 1 hour in old water, drain and dry well in a clean cloth. Fry them in ot fat, shaking and tossing well to prevent their clogging ogether.

Drain off all surplus fat, sprinkle with salt, and serve.

LEMON BUTTER (Cold)

Cream lightly 4 ozs. fresh butter, add gradually 2 tablespoonsful of lemon juice. Spread the mixture on a plate and set in the efrigerator. When set, cut into diamond-shaped pieces.

LEMON BUTTER (Hot)

To 4 ozs. of hot, Clarified Butter, stir in 2 tablespoonsful of lemon juice. (*See Clarified Butter*).

LIVER FORCEMEAT

See Forcemeat Balls for Hare. Use the liver from the ani or bird which is being cooked.

The forcemeat may be cooked inside the animal or bird, rolled into forcemeat balls and fried as described.

MADÈRE (MADEIRA) SAUCE

To ½ pint Espagnole Sauce, add 1 pulped tomato, a pinch sugar, a little salt and pepper, 4 tablespoonsful of made wine. Simmer all 10 minutes, strain and serve.

MAÎTRE D'HÔTEL BUTTER

4 ozs. fresh butter, lightly creamed
1 dessertspoonful fresh chopped parsley
1 teaspoonful fresh chopped tarragon
1 teaspoonful fresh chopped chervil
juice of ½ lemon
pinch of salt and pepper

Spread on a plate, ¼ inch thick, set in the refrigerator, and wh quite hard, cut into fancy shapes.

MAÎTRE D'HÔTEL SAUCE

To ½ pint Velouté or Béchamel Sauce add the juice of ½ lemo 1 oz. melted butter, and 2 teaspoonsful of freshly choppe parsley.

MAYONNAISE SAUCE

A lot of hocus pocus has been written about the making mayonnaise from time to time. Follow these simple rules an you will have perfect mayonnaise.

1. Assemble all ingredients to gain room temperature, or hour before the sauce is to be made.

2. Do not be in a hurry. Add oil drip by drip at first an quicker as it gains volume.

DIENTS

good olive oil	3 dessertspoonsful tarragon vinegar
s of eggs	
ped teaspoonful	½ teaspoonful salt
nch tarragon mustard	pinch of pepper

nd yolks, seasonings and vinegar well together in a ½ gallon enware bowl. Commence whisking while adding the oil poonful at a time, till one-eighth of the oil has been added. begin to let the oil flow into the mixture in a very fine stream, ing briskly all the while without stopping. You will begin tice it form like a cream when half the oil has been added. nue whisking, changing hands to ensure the whisking is d on without a pause, till all the oil is absorbed. The is now ready for use.

MAYONNAISE CREAM

the above, mix in ¼ pint whipped cream.

MAYONNAISE HORSERADISH CREAM

above, with 3 ozs. grated horseradish added.

MORNAY (CHEESE) SAUCE

each ½ pint Béchamel Sauce add 3 ozs. grated Parmesan se. Season with paprika.

MUSHROOM SAUCE

½ pint Espagnole Sauce add 2 ozs. fried sliced mushrooms. mer together 5 minutes and serve.

MUSHROOM STUFFING

hop 8 ozs. mushrooms small, and fry in a little butter ; add s. diced ham, 4 ozs. breadcrumbs, 1 dessertspoonful chopped ley, ¼ pint stock. Mix well and bind together with 2 small , with salt and pepper to taste.

MUSTARD SAUCE

The flavour of the sauce will depend on the mustar which can be the plain mustard, or flavoured French m which is made in a variety of herb flavours. The recip is for plain mustard sauce.

Melt 1 oz. butter in a saucepan, stir in ½ oz. good co blend well, then add gradually ¼ pint hot game or chicke and beat till thick and creamy. Mix 1 dessertspoonful o tard with sufficient white vinegar to form a nice paste, s into the sauce, together with pepper and salt to taste before serving, thin the sauce down to the desired cons with hot white vinegar.

OLIVETTE POTATOES

Cut potatoes with a Parisian potato spoon to the shap olive. Put in a vessel with cold water, bring to boiling and drain. Melt some butter or other fat in a sauté pa the potatoes and bake in oven until a nice golden brown. off fat and season with salt.

ORANGE SALAD

Cut 4 oranges in half from top to bottom and cut eac into quarters, slicing in line with the segments. With sharp knife, cut the flesh away from the rind, so as to avo pith; remove all pips. Place the slices of orange in a and sprinkle lightly with lemon juice, sugar, brandy o wine.

Mix thoroughly and pile up neatly in the centre of the Sprinkle with finely chopped tarragon and serve.

OYSTER FORCEMEAT

Pound in a mortar 8 ozs. lightly poached oysters, add thick Cream Sauce, and work in well 2 ozs. butter and 1 egg. Season as desired.

OYSTER SAUCE

½ pint Béchamel Sauce add 9 oysters cut in quarters, have been cooked in their own liquor. The liquor in the oysters have been cooked is reduced to half by rapid g, added to the sauce with the juice of ½ lemon.
3. Mussels can always be substituted for oysters when my demands, for sauce-making.

PAPRIKA SAUCE

ce 1 oz. paprika in a bowl and gradually incorporate 6 poonsful of clarified butter, heat and serve.

PARSLEY SAUCE

½ pint white, cream or Béchamel Sauce, add 1 dessertspoon- f finely chopped parsley.

PASTRY

e Puff Pastry and *Crust*).

PEA-NUT BUTTER SAUCE

pagnole (brown) or Béchamel (white) may be used as the er sauce here, depending on the finished sauce required. ½ pint Espagnole or Béchamel Sauce, gradually beat in . pea-nut butter. Heat, but do not boil.

PÉRIGUEUX OR PERIGORD SAUCE

nce 2 ozs. of truffles ; mix with 1 glass of madeira wine, spoonful of meat extract, and heat. Add the above to t Espagnole Sauce.

PIQUANTE SAUCE

1 pint of Espagnole Sauce add 1 oz. finely minced shallot in butter, 1 oz. minced gherkin, 1 oz. capers, 1 tablespoonful mon juice, 1 teaspoonful of anchovy essence, season well pepper. Simmer all together for 5 minutes and serve.

POIVRADE SAUCE

Mince finely 2 ozs. carrots, 2 ozs. onion, 4 sprigs pa
2 sprigs thyme, and simmer in butter until vegetables are te
Add ¼ pint vinegar and reduce by half. Mix all with ½
Espagnole Sauce and make hot with pepper. Strain, s
with salt, and serve.

PORT WINE SAUCE

To ½ pint rich Espagnole Sauce add 2 glasses of port
Simmer together 10 minutes, and serve.

POTATO STUFFING

(*See Goose Stuffing, Potato,* in Goose Section, page 122)

POULETTE SAUCE

See Chicken Sauce. Omit chopped parsley and add 1 t
spoonful of lemon juice.

PRINTANIÈRE SAUCE

To ½ pint Velouté Sauce add 2 ozs. spinach purée and 2
diced cucumber. Simmer together 10 minutes and serve.

PUFF PASTRY (I)

Never attempt to make puff pastry in a warm kitchen,
always see that the butter to be used is placed in the refriger
the night before. Imported tub butter is better than
fresh farm butter, for the tougher the fat is, the better the
pastry.

Sift 1 lb. of flour on to a board and rub in 2 ozs. of lard,
to a smooth dough with 16 ozs. of water. Let the paste
20 minutes.

Roll the paste out oblong shape 12 inches by 8 inches
spread with 14 ozs. firm butter. Fold in three, roll out obl
shape 12 inches by 8 inches, and fold in three once more.
it rest 20 minutes.

peat this process 3 times, allowing 20 minutes rest between double fold. Keep the pastry cool and covered with a cloth at every stage.
is now ready to make into patty or vol-au-vent cases.

PUFF PASTRY (II)

oceed as above, using 10 ozs. of butter. This pastry will ise as high as (I), but is quite suitable for many purposes, as cannelons, rissoles, turnovers, etc., where a rich puff y is not required.

RÉMOULADE SAUCE

o ½ pint of Mayonnaise Sauce add 1 teaspoonful each of ced fennel, tarragon and shallot.

ROUX (Brown)

he brown roux is the basis for practically all brown sauces, shade of colour depending on how long the butter and flour e been simmered together.
medium sauce will require 1½ ozs. butter and 1½ ozs. flour hicken it.
or a fawn-coloured sauce, the butter and flour will require e simmered together 15 to 18 minutes, and 25 to 30 minutes a brown sauce.
Melt the required amount of butter in a pan and heat until a el-nut brown, add the flour, mix well and simmer gently, ring well, until the roux takes on the shade you desire. If ferred, the butter and flour, when well mixed together, can toasted in the oven until the correct shade is obtained.

ROUX (White)

The secret of obtaining a really white roux for the best white ces is to blend the butter and flour together cold, and not at it on the stove.

Cream lightly 4 ozs. of butter, add gradually 4 ozs. of
Store in a jar, to be used as required for thickening sauces.

Remember, for brown sauces the roux is heated and the
added to it, but for really white sauces the roux is added a
at a time to the boiling liquid, and not pre-heated.

SAGE AND ONION STUFFING

(*See Goose Stuffing, Sage and Onion*, in Goose Sec
page 122).

SHERRY SAUCE (I)

To ½ pint Espagnole Sauce add 2 glasses of dry sherry, sim
together 10 minutes and serve.

SHERRY SAUCE, (II) FOR DUCK

Make the Espagnole Sauce from well-reduced duck st
and proceed as above.

SIPPETS, FRIED

Cut some slices of bread as for toast. Take off all crusts
cut the slices into small fancy shapes—square, oval, rou
diamond, triangle, etc. Fry to a rich golden yellow in hot fa

SOUBISE SAUCE

Simmer 8 ozs. diced onion in a little stock until tender. Pr
all through a strainer and mix into ½ pint of well-seaso
Béchamel Sauce.

STRAW POTATOES

(*See Julienne Potatoes*).

SUPRÊME SAUCE

Make 1 pint of Chicken Sauce as described under that headi
omit the parsley, and beat in 2 well-whisked yolks of egg.
not let the sauce boil once the yolks are added, or else it w
curdle.

For a rich Suprême Sauce, the cream or evaporated m
may be doubled.

TARRAGON SAUCE (Brown)

½ pint Espagnole Sauce, add 1 tablespoonful of chopped gon. Simmer 5 minutes, and serve.

TARRAGON SAUCE (White)

½ pint Béchamel Sauce, add 1 tablespoonful of chopped gon. Simmer 5 minutes and serve.

TARTARE SAUCE

½ pint Mayonnaise Sauce, add :

chopped gherkins
chopped olives
1 teaspoonful chopped parsley
1 teaspoonful chopped chervil

THYME AND PARSLEY STUFFING

to a bowl place 6 ozs. breadcrumbs, 2 ozs. minced bacon am, 2 ozs. chopped suet, 2 tablespoonsful chopped parsley, blespoonful chopped thyme, a little salt and pepper.

eat 2 eggs lightly with an equal volume of milk, and add to ingredients in the bowl ; mix all to a nice consistency to a stuffing. (*See also Veal Forcemeat*).

TOMATO SAUCE

o ½ pint Béchamel Sauce add ½ lb. sliced tomatoes, and 1 poonful of Worcestershire Sauce. Simmer together until atoes are tender. Strain, re-heat, and serve.

TOMATO MAYONNAISE

o ½ pint Mayonnaise Sauce add 3 tablespoonsful of tomato chup.

TRUFFLE BUTTER

(*See Capon, Roasted with Truffles*).

TRUFFLE SAUCE

(*See Wild Duck, Fried, with Truffles*).

VEAL FORCEMEAT

Proceed in the same manner as for Thyme and Parsley Stuff adding as extra ingredients :

1 tablespoonful of chopped chives
1 tablespoonful of lemon juice
1 tablespoonful of grated lemon rind.

VELOUTÉ (VELVET) SAUCE

2 ozs. butter
2 ozs. flour
1¼ pints chicken stock (reduced from 4 times its origi volume)
salt and pepper to taste.

Melt the butter very gently in a saucepan, add flour, stirri well until blended. On no account raise the heat at this sta to discolour the mixture (roux). Stir chicken stock in slow one-sixth at a time, stirring over heat until thick and smoot Cream or evaporated milk may now be added to reduce the sau to the desired density.

The stock is the main thing. It should be chicken stock which the bird was cooked, and reduced by rapid boiling one quarter of its original volume, so that all the goodness reduced to the smallest possible amount of liquid without turni it into a glaze.

VENISON CRUST OR DOUGH

(*See Crust for encasing Game* (*I*).)

VENISON SAUCE

Crack 1 lb. venison bones and roast in the oven with 2 ozs. tter, 2 sprigs thyme, 1 sliced onion. When the bones are ll browned, drain off butter and boil bones, thyme and onion 1½ pints water until liquor is reduced to 1 pint.

Mix 1½ ozs. flour with the butter drained from the roasted nes and add a little at a time to the venison stock, stirring ll till thick and creamy. Add 2 ozs. redcurrant jelly, and nen melted, strain the sauce.

Just before serving add 1 glassful of port wine.

WHITE SAUCE

The name White Sauce is the English term given to Béchamel, ream, Velouté and other such white sauces. Care must be ken in deciding which of the white sauces is best suited for our purpose. A good plain white sauce would be made as llows :

Scald ¾ pint milk. Cream together 1 oz. butter, 1 oz. flour now a roux). Add this, little by little, to the scalded milk over irect heat, stirring constantly till thick and creamy. The sauce then simmered 2 or 3 minutes to cook the flour thoroughly. uring these few last minutes of cooking, mace, cloves, nutmeg, erbs, seasonings, are added, depending entirely on the purpose or which you require the sauce.

For chicken or other poultry, a good white sauce would consist of ¼ pint poultry stock reduced from 1 pint by rapid boiling, nixed with ½ pint milk. Proceed as above.

To enrich the white sauce, cream or evaporated milk may be dded, sufficient to reduce the sauce to the desired density.

WHITE WINE SAUCE

Into ½ pint thick Béchamel Sauce add 1 dessertspoonful onion juice, 1 dessertspoonful mushroom liquor, and 1 large glass dry white wine. Simmer all together for 5 minutes.

INDEX

Allemande Sauce, 283, 285
Anchovy Butter, 285, 286
Anglaise Style, Capon, 44
Duck, 87
Goose, 113
Larks, 147
Starlings, 232
Apple Sauce, 286
Apple Stuffing, 122, 286
Aspic, Chicken in, 51
Larks in, 148
Pheasant in, 167
Quail in, 192
Rabbit in, 201
Wheatear in, 272
Aspic Jelly, 286
Au Gratin, 31
Chicken, 62

Badger, 36-37
Ham, to Bake, 36
to Cure, 37
Pie, 37
Roast, 26, 37
Season for, 9
Baking, 15
Temperatures for, 26-27
Barbecue, 202, 249
Barding, 23, 28
Baste, to, 29
Batter, for Frying, 287
Pudding, 287
Béchamel Sauce, 283, 287
Bigarade Sauce, 288
Blackbird, 38-39
Fried, 38
Lyonnaise, 38
Pie, 38
Poulette, 38
Roasting Temperature for, 26
Season for, 9
Black Cock, 39-42
Financière, 40
Grilled, 40
Italienne, 40
Montagnarde, 40
Norvégienne, 41
Paysanne, 41
Roast, 41
Roasting Temperature for, 26
Season for, 9, 40
Soubise, 42
Stewed, 42
to Prepare, 39
Black Cock Sauce, 288
Black Game, *see* Black Cock
Black Grouse, *see* Black Cock
Blanch, to, 29
Blanquette, 250
Boiling, 15-16, 29
Bonne Femme Style,
Larks, 149
Pheasant, 168
Starlings, 232
Wheatear, 272
Braising, 16-17, 29
Brawn, Hare, 138
Bread Sauce, 288
Broiling, 17-18, 29
Burgundy Sauce, 288
Butter Sauces, 291, 295

Cannelons, 55
Capercailzie, 42,-43
Roast, 43
Roasting Temperature for, 26
Season for, 9, 43
Capon, 7, 43-48
Anglaise, 44
Braised, 44-45
Chipolata, 44
Estragon, 45
Financière, 45

pon, Garfield, 45
Ivoire, 45
Jardinière, 45
Macedoine, 45
Milanaise, 46
Printanière, 46
Roast, 46-47
with Cream Stuffing, 47
with Truffles, 47
Roasting Temperature for, 26
Season for, 9
Stewed, 47
Stuffed and Roasted, 44, 47
Stuffed with Chestnuts, 48
to Choose, 8
to Truss, 44
ashew Nut Sauce, 288
ashew Nut Stuffing, 289
asserole Cooking, 18, 30
for Chicken, 55, 71
for Goose, 115
for Hare, 139
for Partridge, 158
for Pigeon, 180
for Swan, 238
for Wood Pigeon, 281
elery Stuffing, 289
hampagne Sauce, 289
haud-froid Sauce, 289
heese Sauce, *see* Mornay Sauce
herry Sauce, 290
hestnut Purée, 290
hestnut Sauce, *see* Chestnut Purée
hestnut Stuffing, 122, 290
hicken, 48-81
Alabama, 49
à la King, 65
Alexandra, 50
Alsacienne, 50
Ambassadrice, 50
Amphitian, 50
Ancienne, 51
Archiduc, 51
au Gratin, 62
Baked in Cream, 52
Baked with Rice, 52
Bazar, 53
Boiled, 53
Bordelaise, 54
Breast of, Alexandra, 50
Chicken, Breast of, Fried, 60
Japonaise, 64
Paprika, 71
with Figs, 59
Bresse, 49
Broiled, 54
with Tomatoes 54
Bruxelloise, 55
Cannelons, 55
Casserole, 55, 71
Chasseur, 56
Chinese Stew of, 56
Chow Mein, 56
Classification of, 48
Coquilles of, 70
Croquettes of, 57
Curried, 57
Cutlets of, 57
Demi-deuil, 58
Demidov, 58
Devilled, 58
Ditastin, 58
Diva, 59
Edward VII, 59
en Casserole, 55
en Cocotte, 53
Estragon, 59
Fricassée, 18, 60
à l'Ancienne 51
en Casserole, 55
Fried, 60
Alabama, 49
French Style, 61
Kentucky Style, 65
Maryland Style, 68
Savoy Style, 78
Southern Style 78
(*See also* Chicken Sauté)
Fritters, Austrian, 52
Galantine of, 61
Giblet Pie, 61
Gravy, 74, 291
Grilled, 62
Hash, 62
Italienne, 63
Victoria, 63

Chicken, Hongroise, 63
in Aspic, 51
in Jelly, 64
in the Rough, 75
Isabella, 63
Italienne, 63
Japonaise, 64
Josephine, 64
Kentucky Style, 65
King, 65
Kromeskies, 65
Layfitte, 66
Legs of, Devilled, 58
Leon, 66
Livers, Curried, 67
en Brochette, 66
Forestière, 67
Omelette of, 67
on Toast, 68
Sandwich of, 78
Sauté, 67
Loaf, 73
Madeleine, 68
Madère, 68
Maryland, 68
Mayonnaise, 69
Merengo, 69
Minced, 69
Minced with Mushrooms, 69
Minced with Poached Egg, 70
Montmorency, 70
Montpensier, 70
Mornay, 70
Paprika, 71
Parisienne, 71
Patties, 71, 72
Pie, 61, 72, 73
Pot Pie, 73
Rissoles, 74
Roast, 74
Roasting Temperatures for, 26
Salad, 75
Victoria, 76
with Asparagus, 51
with Chestnuts, 56
with Orange, 76
with Tongue, 76
Salonika, 76
Chicken, Sandwiches, 77-78
Sauce, 291
Sauté, 78
Alsacienne, 51
Ambassadrice, 50
Amphitian, 51
Archiduc, 51
Bordelaise, 54
Chasseur, 56
Demi-deuil, 58
Demidov, 58
Ditastin, 58
Hongroise, 63
Josephine, 64
Layfitte, 66
Madeleine, 68
Madère, 68
Marengo, 69
Montmorency, 70
Montpensier, 71
Parisienne, 71
Salonika, 76
Viennoise, 81
(*See also* Chicken, Fried)
Savoy, 78
Soups, 78
Southern Style, 78
Steamed, 79
Stewed, 56, 79
Stuffed, Bruxelloise, 55
Stuffed with Raisins, 79
Stuffing, with Mushrooms, 291
Terrapin, 80
to Choose, 48-49
to Hang, 6
Toulouse, 81
Turnovers, 80
Tyrolienne, 80
Valencienne, 80
Victoria, 63
Salad, 76
Viennoise, 81
Villeroi, 81
Vol-au-Vent of, 81
with Figs, 59
with Mushrooms, 69, 71
with Oysters, 71
Chow Mein, 56
Cider Sauce, 291
Clarified Butter, 291

ub Sandwiches, 77, 261
llops, Venison, 266
oking Terms, 28-35
oking Times and Temperatures, 24-27
ot, 82
Roasting Temperature for 26
Season for, 10
ormorant, 82
Season for, 10
to Roast, 26, 82
orncrake, 83
Roasting Temperature for, 26
Season for, 10
ranberry Sauce, 292
rane, 83
Season for, 10
to Roast, 26, 83
ream Sauce, 292
roquettes, Chicken, 57
Hare, 139
Pheasant, 171
Rabbit, 203
Turkey, 254
roûtons, 30
rust, for encasing Game, 292
urlew, 83-84
Roast, 26, 84
Season for, 10
Stuffed, 84
urry, Chicken, 57
Chicken Liver, 67
Pigeon, 181
Rabbit, 203
Rail, 212
Turkey, 254
urry Sauce, 292
ygnet, 84
Roasting Temperature for, 26
Season for, 10
(*See also* Swan).

DEER, 84-85
Fallow, 84
Red, 84
Roe, 84
(*See also* Roebuck)
Demi-glace Sauce, 293
Devilled Chicken, 58
Goose, 115
Devilled Grouse, 125
Ruff, 220
Turkey, 254-5
Woodcock, 278
Devil Sauce, *see* Diable Sauce
Diable Sauce, 293
Dove, 85
Roasting Temperatures for, 26
Season for, 10
(*See also* Pigeon).
Duck, 85-101
à la Menthe, 91
à la Mode, 91
à la Presse, 95
Alsacienne, 86
Américaine, 87
Anglaise, 87
Boiled, 87
Bordelaise, 87
Bourgeoise, 87
Braised, 88
with Chestnuts, 89
with Mushrooms, 92
with Turnips, 100
Broiled, 88
Chestnut, 88
Créole, 89
Cutlets of, 95
Diable, 89
Française, 89
Fricassée of, 89
Hashed, 90
in Cream, 89
Irlandaise, 90
Italienne, 90
Lyonnaise, 90
Macedoine, 91
Marinated, 91
Nivelle, 92
Nivernaise, 92
Olives Farcies, 93
Olivia, 93
Orange, 93
Petits Pois, 94
Pineapple, 94
Porto, 95
Portugaise, 95
Provençale, 95
Purée Verte, 96
Ragout of, 96
Reforme, 96

Duck, Roast, 96-98
Roasting Temperatures for, 26
Rouennaise, 98
Saint-Mandé, 99
Salad, 98
Salmi, 99
Season for, 10
Seville, 100
Steamed, 100
Stewed, 96
to Carve, 86
to Choose, 8, 86
Valencienne, 101
Verjus, 101
with Champagne, 88
with Green Peas, 90, 94
with Stuffed Olives, 92
with Orange, 93
Duckling, 101-107
à la Presse, 104
aux Navets, 101
Bigarade, 101
Braised, 102, 106
Cambacérès, 102
Duclair, 102
Fruit Salad, 102
Lambert, 103
Lorraine, 103
Macedoine, 103
Madrid, 103
Nivernaise, 104
Roast, 104, 105
Roasting Temperature for, 26
Rouennaise, 105
Saint-Mandé, 106
Salad, 102
Season for, 10
Stewed, with Olives, 106
with Peas, 106
Stuffed, 106
Valencienne, 107
Verjus, 107
with Turnips, 103

ESPAGNOLE SAUCE, 283, 293

FAGGOT OF HERBS, 30

Fig-bird, *see* Fig-pecker
Fig-eater, *see* Fig-pecker
Fig-pecker, 107-109
Brochette, 107
en Caisse, 108
Lucullus, 108
Marianne, 108
Roast, 108
Roasting Temperature for, 26
Rothschild, 109
Season for, 10
Financière Style, 40, 45, 125
Fines-Herbes Style, 150, 234
Foie Gras, 31
Forcemeat, Balls of, 293, 294
for Hare, 140, 293
Liver, 296
Oyster, 298
Veal, 304
(*See also* Stuffings)
French Dressing, 294
French Names of Birds, 12-13
Fricandeau, 213, 282
Fricassée, of Chicken, 51, 55, 60
of Duck, 89
of Goose, 116
of Rabbit, 204
of Swan, 239
of Turkey, 255
Frying, in Deep Fat, 18-20
in Shallow Fat, 20

GAME, Cooking and Preparing of, 14-23
Hanging of, 5
in Season, 5-6, 9-11
Game Acts, 4, 9
Game and Meat Pies, 109-110
(*See also* Pies)
Garnishings, 283-305
Anchovy Butter, 286
Aspic Jelly, 286
Chestnut Purée, 290
Forcemeat Balls, 293-4
Julienne Potatoes, 295
Lemon Butter, 295
Maître d'Hôtel Butter, 296

rnishings, Olivette Potatoes, 298
Sippets, 302
Straw Potatoes, *see* Julienne Potatoes
Veal Forcemeat, 304
erman Sauce, *see* Allemande Sauce
iblet Pies, Chicken, 61
Goose, 116
Swan, 239
laze, 31
olden Plover, *see* Plover
oose, 110-122
Alicot of, 112
Anglaise, 113
Arlésienne, 113
aux Châtaignes, 114
Braised, 113
Bourgeoise, 114
Casserole of, 115
Chipolata, 114
Dauphinoise, 115
Devilled, 115
Étouffade, 115
Fermière, 116
Fricassée of, 116
Giblet Pie, 116
Hashed, 117
Japonaise, 117
Jardinière, 117
Liver, Balls, 118
Fried, 118
Sauté, 118
Michaelmas, 6
Polonaise, 118
Portugaise, 118
Pudding, 119
Roast, 119
with Apples, 120
with Cabbage, 120
with Chestnuts, 114
with Sauerkraut 121
Roasting Temperatures for, 26
Royale, 120
Salad, with Orange, 118
Salmi, 120
Sauté, 114
Season for, 10
Goose, Stewed with Chestnuts, 121
Stuffed, 121
Stuffings for, 121-2
to Carve, 111
to Choose, 8, 111
to Dress, 112
to Truss, 112
Tunis, 121
Gooseberry Sauce, 294
Gosling, 110
(*See also* Goose)
Gravy, Brown, 294
Chicken, 291
Giblet, 74
Orange, 100
Green Plover, *see* Lapwing *and* Plover
Grey Plover, *see* Plover
Grilling, 20-21
Grouse, 123-129
Almeria, 124
Citoyenne, 124
Creamed Devilled, 125
Cutlets of, 125
Ecossaise, 125
Financière, 125
Hash, 126
Italienne, 126
Montagnarde, 126
Norvégienne, 127
Pie, 127
Roast, 127
Roasting Temperature for, 26
Salmi of, 128
Season for, 5, 10
Spatchcocked, 128
Suédoise, 128
to Carve, 123
to Choose, 124
to Truss, 124
Guinea Fowl, 129-134
Allemande, 130
Breasts of, Fried, 131
California, Fillets of, 130
Chaud-froid, 130
Demidov, 131
Forestière, 131
Fredensburg, 131
Fried, 131
Mancelle, 132

Guinea Fowl, Piémontaise, 132
Reine, 132
Roast, 133
Roasting Temperature for, 26
Season, for, 10
Simla, 133
Staël, 133
to Choose, 129
to Kill, 129
Victoria, 134
with Tartare Sauce, 134
Gull, 134
Roast, 26, 134
Season for, 10

HAM, BADGER, 36
Ham Stuffing, 295
Hanging, of Game, 5
of Poultry, 6
Hare, 135-145
Accompaniments for, 136
à la Mode, 142
Allemande, 136
Baked, 136, 137
Baron of, 137
Bordelaise, 137
Braised, 138
Brawn, 138
Broiled, 138
Cakes, 139
Casserole, 139
Croquettes of, 139
Fermière, 139
Flanders Style, 140
Forcemeat for, 140, 293
Grilled, 140
Haricot, 140
Hashed, 142
Jugged, 142
Omelette of, 142
Pie, 143
Ragout, 143
Roast, 144
to Carve, 135
Roasting Temperature for, 26
Season for, 10
Soubise, 144
Stewed, 141, 145
Stuffed, 136
Hare, to Carve, 135
to Choose, 135
Hasenpfeffer, 141
Hazel Hen, 145
Pie, with Steak, 145
Roasting Temperature for, 26
Season for, 10
Heron, 146
Pudding, 146
with oysters, 146
Roasting Temperature for, 26
Season for, 10
Hors d'Oeuvre, 31
Horseradish Cream, 295, 297

ITALIAN SAUCE, *see* Italienne Sauce
Italienne Sauce, 295
Italienne Style, Black Cock, 4
Chicken, 63
Duck, 90
Grouse, 126
Larks, 151
Starlings, 234

JARDINIÉRE STYLE, Capon, 4
Goose, 1
Swan, 2
Jay, 146
Roasting Temperature for 26
Jugged Style, Hare, 142
Rabbit, 205
Rail, 214
Julienne, 32
Julienne Potatoes, 295

KROMESKIES, 65, 258

LANDRAIL, *see* Corncrake
Lapwing, 147
(*See also* Plover)

ng, 23, 32
, 147-153
Anglaise, 147
Bonne Femme, 149
Broiled, 149
Cambridge, 149
Chipolata, 149
Crapaudine, 150
en Caisses, 149
en Côtelettes, 150
Favre, 150
Fines-Herbes, 150
Grilled, 151
in Aspic, 148
in Batter Pudding, 148
Italienne, 151
Lucullus, 151
Macedoine, 151
Parmentier, 151
Pie, 152
Roast, 152
Roasting Temperatures for, 27
Salmi, 152
Season for, 10
Stewed, 153
on Butter, 295
ret, *see* Hare
nces for Game, 4
r Forcemeat, 296

ACEDOINE, 32
of Capon, 45
of Duck, 91, 103
of Larks, 151
of Starlings, 235
of Teal, 243
eira Sauce, 296
ère Sauce, *see* Madeira auce
tre d'Hôtel, 32
Butter, 296
Sauce, 296
lard, 153
inade, 15, 32, 265
k, to; 32
yonnaise, Chicken, 69
Partridge, 160
Tomato, 303
yonnaise Cream, 297
Horseradish, 297
Mayonnaise Sauce, 296
Mirepoix, 17
Moor Hen, 153-154
Broiled, 154
Roast, 27, 154
Season for, 10
Mornay Sauce, 297
Mushroom Sauce, 297
Mushroom Stuffing, 297
Mustard Sauce, 298

OLIVETTE POTATOES, 298
Omelette, Chicken Liver, 67
Hare, 142
Orange Gravy, 100
Salad, 298
Ortolan, 154-155
Périgourdine, 155
Roast, 27, 155
Season for, 10
Oyster Forcemeat, 298
Oyster Sauce, 299

PAPILLOTES, Quail, 196
Rabbit, 206
Rail, 215
Wood Pigeon, 282
Paprika Sauce, 299
Parsley Sauce, 299
Partridge, 157-162
Algérienne, 157
Bacchante, 157
Beauharnais, 157
Boiled, 158
Braised, 158
Broiled, 158
Casserole, 158
Celestine, 159
Chantilly, 159
Cutlets of, 157
Danoise, 159
Fillets of, 159, 160
Grilled, 159
Hashed, 159
Maréchale, 160
Mayonnaise of, 160
Pie, 160
Pudding, 160
Roast, 161

Partridge, Roasting Temperature for, 27
Salad, 161
Salmi, 161
Season for, 10
Soubise, 162
Stuffed, 162
to Carve, 156
to Choose, 156
Pastry, *see* Crust for encasing Game, *and* Puff Pastry
Patties, of Chicken, 71, 72
Peacock, 163
Season for, 10
Peahen, 163-164
Roast, 163
Roasting Temperature for, 27
to Truss, 163
Pea-nut Butter Sauce, 299
Peewit, *see* Lapwing
Périgord Sauce, 299
Petit Poussin, 164
Pheasant, 164-178
Angoumoise, 166
aux Marrons, 174
Bohémienne, 167
Boiled, 167
Bonne Femme, 168
Braised, 168
Broiled, 169
Cavour, 169
Chaud-froid, 169, 175
Choucroûte, 170
Comte de Brabant, 170
Connaught, 170
Croquettes of, 171
Cutlets of, 171
Daubière, 171
Gitana, 172
Grilled, 172
Hashed, 173
in Aspic, 167
Livournaise, 173
Maintenon, 173
Marquise, 174
Mulligan, 174
Normande, 174
Pie, 175
Princesse, 175
Roast, 176
Roasting Temperature for, 27
Salmi of, 177
Pheasant, Season for, 10
Soubise, 177
Stewed, 177
Stuffed, 178
to Carve, 165
to Choose, 165
to Hang, 166
to Truss, 166
Victoria, 178
with Cabbage, 16
with Chestnuts, 1
with Macaroni, 17
with Mushrooms,
Pie, Badger, 37
Blackbird, 38
Chicken, 61, 72, 73
Game, 110
Giblet, 61, 116, 239
Goose, 116
Grouse, 127
Hare, 143
Hazel Hen and Steak, 1
Lark, 152
Partridge, 160
Pheasant, 175
Pigeon, 184
Plover, 189
Rabbit, 206
Rail, 215
Rook, 218
Ruff, 221
Snipe, 224
Squab, 228
Squirrel, 230
Starling, 235
Swan, 239
Turkey, 258
Venison, 269
Woodcock, 279
Wood Pigeon, 282
Pigeon, 178-185
Braised, 180
Broiled, 180
Casserole, 180
Compôte, 181
Crapaudine, 181
Curried, 181
Cutlets, 181
Fricandeau, 182
Fried, 182
Grilled, 182
in the Hole, 182
Jugged, 183
Mazarine, 183
Moderne, 183

on, Nivernaise, 183
Papillotes, 183
Pie, 184
Pudding, 184
Roast, 184
Roasting Temperature for, 27
Season for, 10
Stewed, 185
Stuffed, 185
to Carve, 179
to Choose, 179
to Truss, 179
Wood, *see* Wood Pigeon
ail, 186
Braised, 186
Roast, 27, 186
Season for, 10
uante Sauce, 299
ver, 187-190
Golden, 187
Green, *see* Plover, Norfolk
Grey, 187
Norfolk, 187
aux Champignons, 188
Fillets of, 188
Fried, 188
Moderne, 189
Périgueux, 189
Pie, 189
Roast, 189
Season for, 11
to Carve, 187
to Choose, 187
to Truss, 188
with Mushrooms, 188
overs' Eggs, 188
aching, 21, 33
ivrade Sauce, 300
rt Wine Sauce, 300
tatoes, Julienne, 295
Olivette, 298
Straw, *see* Potatoes, Julienne
tato Stuffing, 122, 300
ulette Sauce, 300
ultry, to Choose, 7-8
to Hang, 6
ussin, 33, 164
intanière Sauce, 300
armigan, 190-191
Season for, 11
Ptarmigan, to Braise, 190
to Roast, 27, 191
Pudding, Goose, 119
Hazel Hen, 146
Partridge, 160
Pigeon, 184
Quail, 197
Rabbit, 207
Rail, 215
Ruff, 221
Snipe, 224
Teal, 244
Venison, 269
Woodcock, 280
Puff Pastry, 300-301
Purée, 33

QUAIL, 191-198
au Nid, 196
aux Laitues, 195
aux Raisins, 197
Beaconsfield, 193
Braised, 193
Broiled, 193
Casserole, 194
Chasseur, 194
Chaud-froid, 194
Crapaudine, 195
in Aspic, 192
Jardinière, 195
Lucullus, 195
Mouquin, 196
Papillotes, 196
Pudding, 197
Ragout, 197
Roast, 198
Roasting Temperature for, 27
Season for, 11
to Carve, 192
to Choose, 192
to Truss, 192
with Grapes, 197
with Lettuces, 195
Quenelles, 33

RABBIT, 198-209
Accompaniments for, 198
à la Minute, 205
Américaine, 200

Rabbit, Baked, 201, 202
Barbecue, 202
Boiled, 203
Broiled, 203
Croquettes of, 203
Curried, 203
Cutlets of, 204
Fricassée, 204
Fried, 205
in Aspic, 201
Jugged, 205
Minced, with Poached Egg, 205
Minute, *see* Rabbit à la Minute
Papillotes, 206
Pie, 206
Pilau of, 207
Pudding, 207
Roast, 207
Roasting Temperature for, 27
Scallops, 208
Season for, 11
Stew, 208
Stuffed, 202, 209
Tartare, 209
to Carve, 198
to Choose, 198
to Paunch, 199
to Skin, 200
to Truss, 200
Welsh, 209
with Onions, 208
Rail, 210-216
Braised, 211
Broiled, 211
Casserole, 212
Compôte of, 212
Crapaudine, 212
Curried, 212
Cutlets of, 213
Fricandeau, 213
Fried, 213
Grilled, 213
in the Hole, 214
Jugged, 214
Mazarine, 214
Moderne, 214
Nivernaise, 214
Papillotes, 215
Pie, 215
Pudding, 215
Roast, 216
Rail, Roasting Tempera for, 27
Season for, 11
Stewed, 216
Stuffed, 216
to Carve, 210
to Choose, 210
to Truss, 211
Reeve, *see* Ruff
Reindeer, 84, 217
Rémoulade Sauce, 301
Rissoles, 74, 259
Roasting, 24-27
Temperatures an Times for, 2
Roebuck, 84, 217
Rook, 218-219
Fried, 218
Lyonnaise, 218
Pie, 218
Poulette, 219
Roasting Temperat for, 27
Season for, 11
Roux, for sauces, 33, 301
Ruff, 219-221
Devilled, 220
Fillets of, 220
Lucullus, 220
Pie, 221
Pudding, 221
Roast, 27, 221
Season for, 11
to Carve, 220
to Choose, 220
to Truss, 220

Sage and Onion Stuffin 122, 302
Salads, Chicken, 51, 56, 75,
Duck, 98, 102
Goose and Orange,
Orange, 298
Partridge, 161
Turkey, 257
Salmi, Duck, 99
Goose, 120
Grouse, 128
Lark, 152
Partridge, 161
Pheasant, 177
Starling, 236
Swan, 241

iches, Chicken, 77-78
Turkey Club, 261
making, 283-285
also Roux)
, 283-305
Allemande, 285
Anchovy Butter, 285
Apple, 286
Béchamel, 287
Bigarade, 288
Blackcock, 288
Bread, 288
Brown Gravy, 294
Burgundy, 288
Butter, 47, 291, 295
Cashew Nut, 288
Champagne, 289
Chaud-froid, 289
Cheese, *see* Sauce Mornay
Cherry, 290
Chestnut, 290
Chicken Gravy, 291
Cider, 291
Clarified Butter, 291
Cranberry, 292
Cream, 292
Créole, 89
Curry, 292
Demi-glace, 293
Devil, see Sauce Diable
Diable, 293
Espagnole, 293
French Dressing, 294
Giblet Gravy, 74
Gooseberry, 294
Gravy, Brown, 294
Chicken, 291
Horseradish Cream, 295, 297
Italienne, 295
Lemon Butter, 295
Madère, 296
Maître d'Hôtel, 296
Mayonnaise, 296, 303
Cream, 297
Mornay, 297
Mushroom, 297
Mustard, 298
Orange Gravy, 100
Oyster, 299
Paprika, 299
Parsley, 299
Pea-nut Butter, 299
Sauces, Périgord, 299
Piquante, 299
Poivrade, 300
Port Wine, 300
Poulette, 300
Printanière, 300
Red Currant Jelly, 137
Rémoulade, 30
Roux, for sauces, 33, 301
Sherry, 302
Soubise, 302
Spanish, *see* Sauce Espagnole
Suprême, 302
Tarragon, 303
Tartare, 303
Tomato, 303
Truffle, 304
Truffle Butter, 47
Turkey Cream, 253
Velouté, 304
Velvet, *see* Sauce Velouté
Venison, 305
White, 305
White Wine, 305
Sauerkraut, 34
Sauté, to, 21, 34
Scald, to, 34
Scotch Woodcock, 282
Sea Pheasant, *see* Pintail
Seasons for Game, 9-11
Sherry Sauce, 302
Simmering Temperatures, 15-16, 22, 34
Sippets, Fried, 302
Snipe, 222-225
à la Minute, 223
aux Choux, 223
Pie, Danish Style, 224
Pudding, 224
with Oysters, 224
Roast, 225
Roasting Temperatures for, 27
Season for, 11
to Carve, 222
to Choose, 223
to Truss, 223
with Cabbage, 223
Soubise Sauce, 302
Spanish Sauce, *see* Espagnole Sauce
Spatchcock Method, 128

Squab, 226-228
Breast of, au Jus, 226
Eveline, 226
Périgueux, 227
Sauté, 227
Broiled, 227
with Mushrooms, 227
Casserole, 227
Devilled, 228
Michel, 228
Pot Pie, 228
Roast au Jus, 228
Squirrel, 229-231
Casserole of, 229
Fried, 229
Grilled, 230
Pie, 230
Roast, 27, 230
Sauté, 231
Season for, 11
Stewed, 231
to Paunch, 229
to Truss, 229
Starlings, 231-236
Anglaise, 232
Bonne Femme, 232
Broiled, 232
Cambridge, 233
Chipolata, 233
Côtelettes, 233
Crapaudine, 233
en Caisses, 233
Favre, 234
Fines-Herbes, 234
Grilled, 234
in Batter, 232
Italienne, 234
Macedoine, 235
Parmentier, 235
Pie, 235
Roast, 236
Roasting Temperature for, 27
Saline of, 236
Season for, 11
Stewed, 236
Steaming, 21-22
Stewing, 22
Straw Potatoes, *see* Julienne Potatoes
Stuffings, 283-305
Apple, 122, 286
Cashew Nut, 289
Stuffings, Celery, 289
Chestnut, 122, 2[illegible]
Chestnut and M[illegible] room, 290
Chicken and Mu[illegible] room, 291
Cream, 47
Forcemeat Balls, 293-4
for Goose, 121-2
Ham, 295
Herb, for Chicken,
Liver Forcemeat,
Mushroom, 297
Oyster Forcemeat, 298
Potato, 122
Raisin, 79
Sage and Onion, 12
Thyme and Parsley 303
Veal Forcemeat, 3[illegible]
Suprême Sauce, 302
Swan, 237-241
Arlésienne, 237
Braised, 238
Casserole, 238
Devilled, 238
Fricassée of, 239
Giblet Pie, 239
Hashed, 239
Jardinière, 240
Liver, Sauté, 240
Orange Salad, 240
Roast, 240
with Apples, 241
Salmi of, 241
Season for, 11
Stewed with Chestnuts 241
to Truss 237
Swift, 242
Roasting Temperature for, 27
Season for, 11

TARRAGON SAUCE, 303
Tartare Sauce, 303
Teal, 242-245
Bigarade, 242
Braised, 242
Cambacérès, 243
Duclair, 243

, Macedoine, 243
Madrid, 243
Nivernaise, 244
Pudding, 244
Roast, 244
Roasting Temperature for, 27
Saint-Mandé, 245
Season for, 11
Valencienne, 245
with Piquante Sauce, 244
nperatures, Boiling, 29
Frying, 18
Roasting, 24-27
Simmering, 15-16
ms, used in Cooking, 28-35
ush, 245
Roast, 27, 246
Season for, 11
yme and Parsley Stuffing, 303
d in the Hole, *see* Pigeon
n the Hole *and* Rail
nato Mayonnaise, 303
nato Sauce, 303
ffle Butter, 303
ffle Sauce, 304
rkey, 246-263
Accompaniments for, 7-8, 260
à la King, 258
Baked in Milk, 255
Barbecue, 249
Barcelonaise, 249
Blanquette, 250
Boiled, 250
Boneless Breast of, 251
Boneless, Broiled, 251
Boneless, Roast, 251
Boneless Wings, 252
Braised, 252
Breast of, Figaro, 255
Fried, 256
with Grapes, 256
Broiled, 254
Château de Madrid, 257
Club Sandwich, 261
Creamed, on Toast, 253
with Olives, 253
Créole, 254
Croquettes of, 254
Turkey, Curried, 254
Curtis, 254
Devilled, 254-5
Figaro, 255
Fillets of, in Milk, 255
Fricassée of, 255
Fried, 256
Hashed, 257
King, 258
Loaf, 258
Maher, 261
Mexican Style, Fried, 256
Pie, 258
Rissoles, 259
Roast, 251, 259
Rolls, 261
Roulade, 261
Salad, Jellied, 257
Scalloped, with Noodles, 261
Steaks of, 262
Steamed, 262
Tetrazzini, 262
to Carve, 247
to Choose, 7, 248
to Draw, 248
to Hang, 6
to Pluck, 248
to Stuff, 260
to Truss, 249
Turnovers of, 262
Waffles, 263
with Chestnuts, 253

Veal Forcemeat, 304
Veloute Sauce, 283, 304
Velvet Sauce, *see* Velouté Sauce
Venison, 84, 263-271
Accompaniments for, 263
Américaine, 265
Baked, 266
Chops, 266
Collops, 266
Crust, 292
Cutlets, 267
Américaine, 265
Prague, 269
Victoria, 271
with Olives, 269

Venison, Daube, 267
Dauphin, 267
Frederica, 267
Fried, 268
Fry of, 268
Grilled, 268
Hashed, 269
Haunch of, Roast, 270
Pasty, 269
Polonaise, 268
Prague, 269
Pudding, 269
Roast, 270
Roasting Temperature for, 27
Saddle of, 270
Season for, 11
Stewed, 271
Suisse, 270
to Carve, 264
to Choose, 264
to Cook, 264
to Hang, 265
to Marinate, 265

Waffles, 263
Water Hen, *see* Moor Hen
Welsh Rare-bit, 209
Wheatear, 271-272
Bonne Femme, 272
Broiled, 272
Crapaudine, 272
in Aspic, 272
Lucullus, 272
Roast, 27, 272
to Dress, 271
White Sauce, 283, 305
White Wine Sauce, 305
Widgeon, 273
Roast, 27, 273
Season for, 11
Wild Birds Protection Acts, 4
Wild Duck, 279-282
American Style, 274
Bigarade, 274
Braised, 274
Broiled, 275
Fillets of, Flat style, 275
with Olives, 275
Française, 275
Fried with Tre... 276
Ragout of, 276
Roast, 276
Roasting Temp... ature for, 27
Season for, 11
to Carve, 274
Victoria, 277
with Braised Celery, 275
Woodcock, 277-280
Devilled, 278
Fillets of, 279
Lucullus, 279
Pie, 279
Pudding, 280
Roast, 280
Roasting Temper... ture for, 27
Scotch, 280
Season for, 11
to Carve, 278
to Choose, 278
to Truss, 278
Wood Pigeon, 281-282
Braised, 281
Casserole, 281
Fricandeau, 2...
Grilled, 282
Papillotes, 28...
Pie, 282
to Roast, 282
Roasting Tem... perature for 27
Season for, 11

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